FOR THE RECORD: How to prepare for extreme athletic challenges | **Inside**

express

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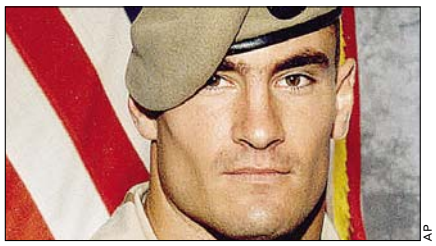
Tuesday

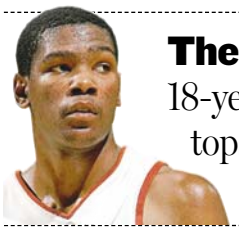


AP

Reporting errors were found in Tillman's death.

No Crime: Mistakes, but no wrongdoing in Tillman death | 3

Not Talking: Gonzales aide won't testify in firings probe | 3



The Fab Frosh: 18-year-old Durant tops All-America selections | 19

ENTERTAINMENT

Vote for a Triple Lutz: *Jon Heder* and Will Ferrell skate in satin and spangles in 'Blades of Glory.' Plus, rapper El-P.

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FULL FORECAST ON PAGE 34

Smithsonian Chief Forced Out

Small resigns amid scrutiny over lavish personal expenses

WASHINGTON | The Smithsonian Institution announced Monday that its top official, Secretary Lawrence M. Small, has resigned amid criticism about his spending.

Small, the first businessman to run the 160-year-old museum and research complex, resigned over the weekend after more than seven years as secretary. The decision was unanimously accepted Sunday by the Smithsonian's Board of Regents.

Cristian Samper, director of the Smithsonian's National Museum of Natural History, was appointed acting secretary while the regents conduct a nationwide search for a permanent replacement.

An internal audit in January found that Small had made $90,000 in unauthorized expenses, including private jet travel and expensive gifts. The audit also found that Small charged the Smithsonian more than $1.1 million to use his 6,500-square-foot home in Washington for official functions.

Small

The housing expenses included $273,000 for housekeeping and $2,535 to clean a chandelier.

Small was to earn $915,698 this year in total compensation — more than double what he earned during his first year as secretary in 2000. Small will not be given a severance package and did not ask for any final compensation, said Patty Stonesifer, co-chair of the board. BRETT ZONGKER (AP)

Hoyas Are a Hot Ticket Ahead of Final Four

MICHEL DU CILLE/TWP

LOUNGE ACT: Georgetown students wait on couch cushions Monday for a chance to buy tickets to the Final Four. About 1,000 tickets go on sale Tuesday, and many students lined up Sunday night, right after the Hoyas beat North Carolina. ✣ **New breed:** Hoyas enter Final Four as fan favorites, underdogs | **Page 19**

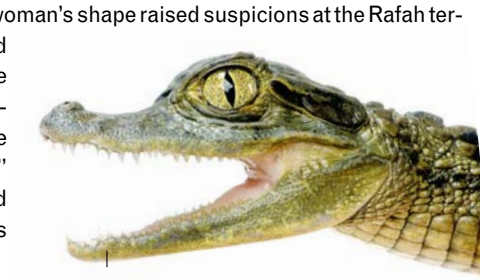
DELIVERY | **Deep-Dish Deadbeats** Customers at some suburban Ohio pizza parlors are getting something extra with their pepperoni and mushrooms — wanted posters for parents accused of failing to pay child support. The idea came to Cynthia Brown, executive director of the Butler County Child Enforcement Agency, while she was ordering pizza. "It suddenly dawned on me that most people running from the law don't eat out, they order pizza," said Brown. (AP) **EyeOpeners** | **Page 2**

eyeOpeners

FASHION

Next Time, Try a Slim-Cut Amphibian

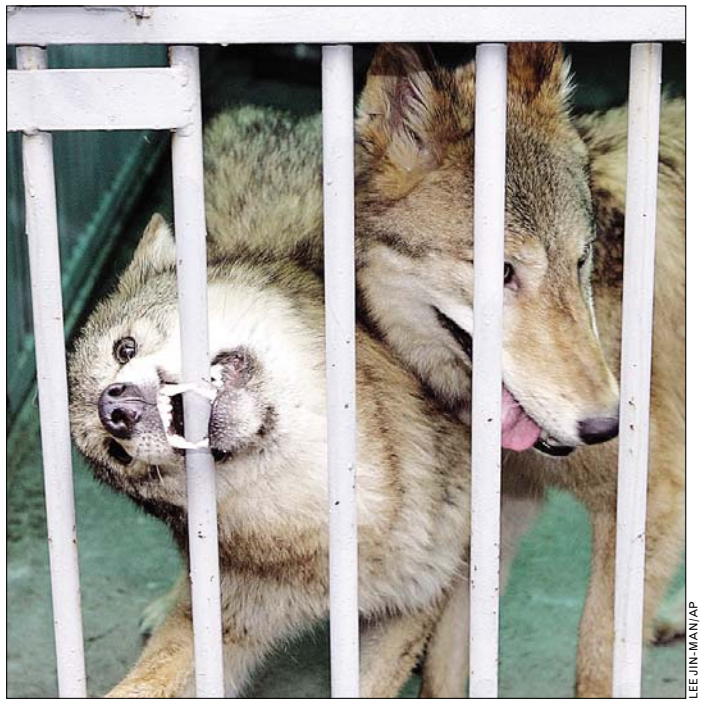
A woman with three crocodiles strapped to her waist was stopped at the Gaza-Egypt border crossing after guards noticed that she looked "strangely fat," officials said Monday. The woman's shape raised suspicions at the Rafah terminal in southern Gaza, and a body search turned up the animals, each about 20 inches long. In her defense, the woman said she "was asked" to carry the crocodiles, said a spokesman for the guards at the crossing. (AP)



ENVIRONMENTALISM

Recycling Run A-Yuck

There's a new Chinese saying: When life hands you panda poop, make paper. Researchers at a giant panda reserve in southern China are looking for paper mills to process their surplus of fiber-rich panda excrement into high-quality paper. Liao Jun, a researcher at the Chengdu Giant Panda Breeding Base, said the idea came to them after a visit last year to Thailand, where they found paper made from elephant dung. They hope to have a product line available by next year, he said. (AP)



LEE JIN-MAN/AP

CLONES

Not Crying Wolf?

Two female cloned wolves named Snuwolf and Snuwolffy are seen at the Seoul Zoo in Gwacheon, south of Seoul, South Korea, on Monday. A former collaborator of disgraced South Korean scientist Hwang Woo-suk claimed on Monday to have succeeded in cloning two wolves. They were born Oct. 18 and 26 in 2005, said Lee Byeong-chun, a veterinary professor at Seoul National University. DNA tests showed the wolves are clones. (AP)

UNLEAVENED

One for the Road

Police discovered a full-size yellow school bus that had been converted into an oven, complete with smokestack, exhaust fans and working fire, after a neighbor said he smelled smoke. The bus, in the back yard of a residence owned by a Hasidic Jewish congregation, was turning out flat, round loaves of unleavened matzo bread for Passover, which begins next Monday, said Sgt. Lou Scorziello of the Spring Valley, N.Y., police. He said the bus oven may have been in use for two or three years, but possibly just seasonally. (AP)

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Nation

Gonzales' Aide Will Not Testify

Staffer will cite Fifth Amendment rights at upcoming hearings

WASHINGTON | Attorney General Alberto Gonzales' liaison with the White House will refuse to answer questions at upcoming Senate hearings about the firings of eight U.S. attorneys, citing her Fifth Amendment protection against self-incrimination, her lawyer says.

Gonzales

The revelation complicated the outlook for Gonzales, who is traveling out of town this week even as he fights to keep his job and his agency's investigatory power.

The House was to vote late Monday on stripping him of his authority to appoint U.S. attorneys without Senate confirmation.

John Dowd, the lawyer for Gonzales counsel Monica Goodling, suggested in a letter to Senate Judiciary Committee Chairman Patrick Leahy, D-Vt., that the panel has laid what amounts to a perjury trap.

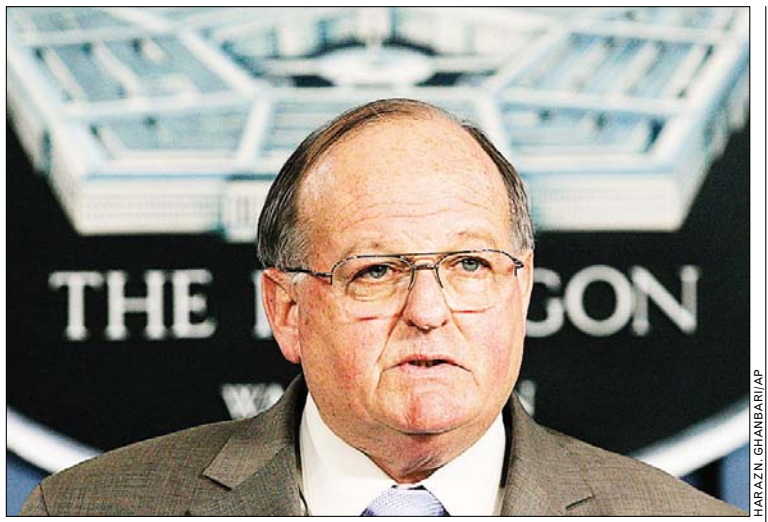
"The potential for legal jeopardy for Ms. Goodling from even her most truthful and accurate testimony under these circumstances is very real," Dowd said. (AP)

Military: Tillman Death Mishandled

Investigation finds no criminal wrongdoing in shooting of soldier

WASHINGTON | Nine high-ranking Army officers, including four generals, made critical errors in reporting the friendly fire death of Army Ranger Pat Tillman in Afghanistan, but there was no criminal wrongdoing in the shooting of the former NFL player, the military concluded Monday.

Defense officials and a pair of reports released Monday on the 2004 incident, however, did not rule out criminal action by those who provided misleading information as the military was investigating the killing. They said, however, that they believed there was no orchestrated cover-up.



HARAZN. GHANBARI/AP

Defense Department Inspector General Thomas Gimble briefs the media on Monday about the investigation into the death of Army Ranger Cpl. Pat Tillman.

Army and Defense Department investigators said officers looking into Tillman's death passed along misleading and inaccurate information and delayed reporting their belief that Tillman was killed by fellow Rangers.

The investigators recommended the Army take action against the officers, but suggested no specific punishments. Possible steps could include demotions, dishonorable discharges, jail or letters of reprimand. Acting Army Secretary Peter Geren has asked Gen. William Wallace, who oversees training for the Army, to review the actions of the officers and to provide a progress report in 30 days.

The Army will take corrective action and hold people accountable, Geren said.

"We as an Army failed in our duty to the Tillman family, the duty we owe to all the families of our fallen soldiers: Give them the truth, the best we know it, as fast as we can," Geren said. "Our failure in fulfilling this duty brought discredit to the Army and compounded the grief suffered by the Tillman family. For that, on behalf of the Army, I apologize to the Tillman family." (AP)

Senator: GOP Won't Block Iraq Bill

McConnell says goal is to pass measure fast so troops can get funds

WASHINGTON | Senate Republican leader Mitch McConnell said Monday he will try to block a Democratic effort to force troop withdrawal but won't stand in the way of the Iraq spending bill that would contain it, because he knows President Bush would veto the package.

AP

Republican Mitch McConnell says the GOP won't block spending legislation.

"Our goal is to pass it quickly," said McConnell, R-Ky. "Our troops need the money."

Unable to override Bush's veto, Democrats would have to redraft the bill without a "surrender deadline," he said.

The Senate faces a cliffhanging vote this week on whether to uphold the withdrawal provision in a $122 billion bill that would finance the wars in Iraq and Afghanistan.

The bill would require that Bush begin pulling out some troops right away, with the goal of ending combat missions by March 31, 2008.

The legislation also provides about $20 billion for domestic programs, and increasingly looks like a magnet for far-flung other issues such as a proposed increase in the minimum wage.

Republicans have demanded tax cuts as a condition for their support of a higher minimum wage, and officials said key senators were drafting a provision for debate that would include both issues. It calls for tax cuts at least as high as the $8.3 billion package the Senate passed earlier. House Democrats have labeled that amount excessive. (AP)

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LOSS OF LIFE: Magazine publisher Time Inc. is shutting down Life magazine again, a brand it resuscitated in late 2004 as a newspaper supplement.

Nation

Angioplasty Is Challenged

Study finds treatment does not save lives and brings little pain relief

NEW ORLEANS | More than half a million people a year with chest pain are getting a procedure to unclog their arteries that is unnecessary or premature, since drugs are just as effective, suggests a landmark study that challenges one of the most common practices in heart care.

The stunning results found that angioplasty did not save lives or prevent heart attacks in non-emergency heart patients.

An even bigger surprise: Angioplasty gave only slight and temporary relief from chest pain, the main reason it is done.

A POPULAR PROCEDURE

➜ About 1.2 million angioplasties are done in the United States each year.

➜ The procedure has already lost some popularity because of emerging evidence that popular drug-coated stents can raise the risk of blood clots months later.

➜ An angioplasty costs roughly $40,000.

"By five years, there was really no significant difference" in symptoms, said Dr. William Boden of Buffalo General Hospital in New York.

He led the study and gave results Monday at a meeting of the American College of Cardiology. They also were published online by the New England Journal of Medicine and will be in the April 12 issue.

Angioplasty remains the top treatment for people having a heart attack or hospitalized with worsening symptoms. But most angioplasties are done on a non-emergency basis, to relieve chest pain caused by clogged arteries crimping the heart's blood supply.

In the study, only one-third of the people treated with drugs ultimately needed angioplasty or a bypass.

"You are not putting yourself at risk of death or heart attack if you defer," and considering the safety worries about heart stents used to keep arteries open after angioplasty, it may be wise to wait, said Dr. Steven Nissen, a Cleveland Clinic heart specialist and president of the College of Cardiology. (AP)

Accidental Overdose Caused Smith's Death

Autopsy finds model was taking 9 different medications for illness

DANIA BEACH, FLA. | Anna Nicole Smith accidentally overdosed on at least nine prescription drugs — including a powerful sleep syrup she was known to swig right out of the bottle — after a miserable last few days in which she endured stomach flu, a 105-degree fever, pungent sweating and a pus-filled infection on her buttocks from repeated injections.

In an autopsy report released Monday, a medical examiner noted the former Playboy playmate refused to go to a hospital three days before her Feb. 8 death and chose to ride out her illness in a hotel suite littered with pill bottles, soda cans, SlimFast, nicotine gum and an open box of Tamiflu tablets.

Broward County Medical Examiner Dr. Joshua Perper found that in the days leading up to her death, the 39-year-old Smith had been taking large amounts of the seldom-prescribed sedative chloral hydrate, which also contributed to the 1962 overdose death of Smith's idol, Marilyn Monroe.

CARLOS ANTONIO RIOS/AP

Anna Nicole Smith spent her last days fighting various ailments in a hotel.

Police found no apparent signs of foul play, and the medical examiner also ruled Smith's death probably was not a suicide, because people who take their own lives typically use much more lethal drugs than chloral hydrate. (AP)

Firefighters In Tenn. Battle More Wildfires

CHATTANOOGA, TENN. | Two new wildfires began Monday, adding to an outbreak of more than a dozen blazes in eastern Tennessee that included 10 suspected as arson.

As of Monday morning, the fires north of Knoxville had burned 2,300 acres — more than three and half square miles, said Nathan Waters, a state assistant district forester. Ten were arson related, one was caused by fireworks and two were debris fires that got away, he said.

"We've still got all kinds of fire left," said Robert Rhinehart, assistant district forester in the Chattanooga Forestry Division office.

Warm, dry weather contributed to the fire danger. Sunday's high temperature at Chattanooga was a record 88 degrees. Authorities have not discussed details of the fires they believe to be arson. (AP)

BY THE NUMBERS: Elizabeth Edwards, the wife of presidential candidate John Edwards, has received more than 12,000 e-mails, mostly supportive, about her cancer.

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Nation

Detainee Appeals For More Lawyers

Australian Hicks facing prosecution at Guantanamo tribunal

GUANTANAMO BAY, CUBA | An Australian who allegedly trained with al-Qaeda and fought for the Taliban in Afghanistan said in a courtroom Monday that he needed more lawyers to defend himself against a charge that he provided material support for terrorism.

David Hicks was being arraigned Monday — the first suspect to face prosecution under the revised military tribunal system established after the U.S. Supreme Court ruled the Pentagon's system for trying detainees was unconstitutional.

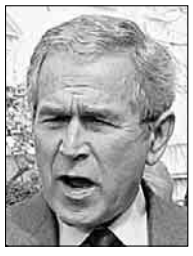
Before the hearing, the Muslim convert shaved his beard but kept the long hair he uses to block the constant light in his cell at the isolated prison.

The 31-year-old is accused of attending al-Qaeda training camps in Afghanistan and briefly fighting alongside the Taliban following the Sept. 11 attacks. He was among the first prisoners taken to the isolated military prison in January 2002 and has been awaiting trial since.

"His support for the al-Qaeda organization is what we intend to prove," said Air Force Col. Morris Davis, chief prosecutor for the tribunals. MICHAEL MELIA (AP)

AP
David Hicks is the first Guantanamo detainee charged under new trial rules.

HEARSAY | ALTERNATIVE FUEL SOURCES



"If you want to reduce gasoline usage like I believe we need to do ... the consumer has got to be in a position to make a rational choice."

—**PRESIDENT BUSH**, SEEKING TO REV UP SUPPORT FOR HIS ENERGY PLAN, PRAISED DOMESTIC AUTOMAKERS MONDAY FOR BUILDING VEHICLES CAPABLE OF RUNNING ON ETHANOL AND BIODIESEL.

Pet Food Tested To Trace Poison

ALBANY, N.Y. | The laboratory that identified the poison believed to be responsible for the death of pets around the country has started testing individual components of the tainted pet food to determine which ingredient was contaminated, officials said Monday.

Scientists at the New York State Food Laboratory on Friday identified aminopterin as the likely culprit in a poisoning scare that prompted the recall of 95 brands of "cuts and gravy" style dog and cat food.

Scientists so far have offered no theories on how aminopterin got into the products of Menu Foods, which makes pet food for most of North America's top retailers.

Some pets that ate the food suffered kidney failure, and the company has confirmed the deaths of 15 cats and two dogs.

The FDA has reported more than 4,400 calls from concerned pet owners. MARK JOHNSON (AP)

AHOY, MATEY: An American treasure-hunting firm has won permission to look for what is believed to be history's richest sunken bounty — tons of gold lost in a shipwreck more than 300 years ago off southern Spain. The British vessel the HMS Sussex sank in a storm in 1694.

World

In Brief

U.S. envoy Condoleezza Rice meets with Israeli leader Ehud Olmert Monday.

U.S. EMBASSY/AP

JERUSALEM

Israelis Reportedly Agree To Renew Talks With Abbas

Israeli Prime Minister Ehud Olmert agreed Monday to resume open-ended, face-to-face talks with Palestinian President Mahmoud Abbas in a possible step toward restarting substantive peace talks, a U.S. official said, speaking on condition of anonymity ahead of a planned address by U.S. Secretary of State Condoleezza Rice on Tuesday. Olmert and Abbas will initially hold low-key "confidence-building" sessions, the official said. (AP)

CAIRO, EGYPT

Low Turnout for Vote On Constitutional Changes

Turnout was low Monday in a rushed referendum on amending Egypt's constitution, changes the government has touted as democratic reforms but critics dismiss as attempts to curtail rights and consolidate the regime's power. The amendments would abolish emergency laws, allow election supervision by an independent commission and ban political parties based on religion in this key U.S. ally. (AP)

NOUAKCHOTT, MAURITANIA

Ex-Government Minister Wins Landmark Runoff Vote

A former government minister beat a longtime opposition politician in what was widely seen as Mauritania's first free presidential vote, according to figures announced Monday. Sidi Ould Cheikh Abdallahi received 53 percent of the vote in Sunday's runoff election against longtime opposition leader Ahmed Ould Daddah's 47 percent, said Interior Minister Mohamed Ahmed Ould Mohamed Lamine. (AP)

N. Ireland Rivals Hammer Out Pact

Protestant, Catholic ex-foes forge historic power-sharing deal

PAUL FAITH/POOL/AP

MAKING PEACE: Democratic Unionist Party leader Ian Paisley, left, and Sinn Fein President Gerry Adams sit side by side for the first time publicly Monday while speaking to reporters about the power-sharing deal at a parliament building in Belfast.

BELFAST, NORTHERN IRELAND | Northern Ireland's major Protestant and Catholic leaders, sitting side by side for the first time in history, announced a surprise, stunning deal Monday to forge a power-sharing coalition of longtime foes.

"We all saw something today that people never, ever thought would happen," said British Secretary of State Peter Hain, who expects to hand power May 8 to a coalition led by the polar opposites of provincial politics: Ian Paisley's Democratic Unionists and Gerry Adams' Sinn Fein.

Paisley, an 80-year-old Protestant evangelist who for decades has sought to thwart compromise with Catholics, sat beside Adams, a reputed Irish Republican Army veteran whom Paisley long denounced as a "man of blood."

Throughout the tortuous 14-year course of Northern Ireland's peace process, Paisley had never agreed to negotiate directly with Adams before.

Their agreement, after barely an hour of discussions in the lawmakers' dining hall in Stormont Parliamentary Building in Belfast, called for Sinn Fein and the Democratic Unionists to work directly together on a detailed program for government.

Britain, in turn, promised to pass emergency legislation Tuesday that would extend its deadline for a working power-sharing government from Monday to May 8. On that date, the Northern Ireland Assembly would elect a 12-member administration with Paisley at its head and Sinn Fein deputy leader Martin McGuinness, rather than Adams, in the No. 2 post.

Paisley and Adams generally looked at their scripts, not each other, as they addressed live television audiences across the United Kingdom and Republic of Ireland. Both agreed they must leave behind Northern Ireland's bitter divisions and forge a unity government, the central goal of the Good Friday peace pact of 1998.

The conflict over Northern Ireland, a corner of the United Kingdom with 1.7 million residents, has claimed more than 3,600 lives since the 1960s. SHAWN POGATCHNIK (AP)

INDIA | CRICKET FANS DON'T GO QUIETLY

RAJESH KUMAR SINGH/AP

TOUGH LOSS: Cricket fan Kallu Gupta gets his head shaved in Allahabad, India, on Monday — a ritual usually performed after a family member's death — to mark the "death" of the Indian cricket team and protest the team's performance during the ICC World Cup. For the first time since the inaugural World Cup, neither India nor Pakistan will be featured in the semifinals. Both Asian cricket powerhouses were knocked out in the first round.

Iran Takes Softer Line On Seized British Crew

TEHRAN, IRAN | Iran said Monday it was questioning 15 British sailors and marines to determine whether their alleged entry into Iranian waters was "intentional or unintentional" before deciding what to do with them — the first sign it could be seeking a way out of the standoff.

The two countries continued to disagree about where the military personnel were seized Friday, with Britain insisting they were in Iraqi waters after searching a civilian cargo vessel and the Tehran regime saying it had proof they were in Iranian territory.

The Iranian emphasis Monday on the detainees' intent was a noticeable pullback from the certainty expressed Saturday by Gen. Ali Reza Afshar, Iran's military chief. Afshar said then that the 15 confessed to "aggression into the Islamic Republic of Iran's waters."

Other Iranian officials suggested afterward that the Britons might be charged with a crime.

Deputy Foreign Minister Mehzi Mostafavi took a softer line Monday while saying that the 14 men and one woman were still being interrogated. "It should become clear whether their entry was intentional or unintentional. After that is clarified, the necessary decision will be made," Mostafavi said.

Iran has refused to say where the captured Britons were being held, but assured the British ambassador to Tehran, Geoffrey Adams, that they were in good health. (AP)

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World

DRAWN IN: The Persian Gulf city of Dubai plans to add to its list of architectural wonders an amusement park themed on Marvel comic heroes such as Spider-Man.

Shift Afoot on Ex-Baathists

Draft Iraqi law would allow former Saddam loyalists to resume jobs

DAVID FURST/AFP/GETTY IMAGES

Iraqi soldiers search a man during a joint patrol with U.S. forces in Baghdad Monday.

BAGHDAD | Iraq's prime minister and president will introduce legislation as early as Tuesday to let former members of Saddam Hussein's ruling party — including those in the feared security and paramilitary forces — resume jobs in the government, Iraqi officials said Monday.

Long demanded by the U.S. to appease Iraq's once-dominant Sunni Arab minority, the measure would set a three-month challenge period after which ex-Baath party loyalists would be immune to legal punishment for their actions during Saddam's reign.

The draft law, which excludes former regime members already charged with or sought for crimes, also would grant state pensions to many Baathists.

The reconciliation measure is seen as an effort to short-circuit expected criticism of Iraq's government at an Arab League summit this week. Prime Minister Nouri al-Maliki is said to fear rising support among U.S.-allied Egypt, Saudi Arabia and Jordan for an Iraqi national unity government led by former Prime Minister Ayad Allawi, a favorite of Washington.

The legislation is being sent to parliament under the names of al-Maliki, a Shiite, and President Jalal Talabani, a Kurd. Shiites and Kurds make up nearly 80 percent of Iraq's population.

The proposed law would supersede post-Saddam Iraq's de-Baathification program — under which senior members of the Baath party were ejected from government and military posts. That was done under an edict from L. Paul Bremer, the U.S. official who ran the country after the U.S.-led invasion toppled Saddam. STEVEN R. HURST (AP)

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Local

JACQUELYN MARTIN/AP

A construction worker attends to the new ballpark, which is set to open next year.

Nationals Stadium 'On Time' So Far

WASHINGTON | In the middle of the Washington Nationals ballpark, there stands a 200-foot light tower where second base should be.

That should make double plays interesting. "We'll put some padding around it," Buck Buckovich, a senior project manager, said with a smile.

Actually, the smiles on Monday were for a project that appears to be going well. With one week to go before the 2007 season, the Nationals and city officials gave upbeat assessments and offered a tour of what will become the team's new home in 2008. "It's safe to say as we stand here today — on time, on budget and within the cost cap," said Bill Hall of the D.C. Sports and Entertainment Commission.

The $611 million facility rising above the Anacostia River and south of the U.S. Capitol is starting to resemble a real ballpark. The lower bowl, the concourses and even much of the upper deck have taken shape. (AP

Not the ticket: Season-ticket holders are up in arms that they don't have their tickets yet. | **Today's Post, Sports**

Md. Issues Apology For Slavery

State follows Va. in formally expressing regret for past acts

ANNAPOLIS, MD. | Maryland lawmakers voted on Monday to formally apologize for the state's role in the slave trade, expressing "profound regret" that the state once "trafficked in human flesh."

Maryland follows Virginia in issuing such a formal apology.

The vote in the House of Delegates makes the apology official, because a resolution doesn't need the governor's signature to take effect. The Maryland Senate voted for it earlier this month.

The resolution notes that slavery "fostered a climate of oppression not only for slaves and their descendants but also for people of color who moved to Maryland subsequent to slavery's abolition."

Also Monday, the Senate voted 33-13 to give final approval to a statewide smoking ban. The House adopted the ban Saturday. (AP)

Smoked out: Gov. Tim Kaine proposed a statewide smoking ban in Virginia Monday. | **Today's Post, Metro**

Webb Assistant Caught Carrying Gun Into Senate

WASHINGTON | An aide to Virginia Sen. Jim Webb was arrested Monday when he entered a Senate office building with a loaded pistol belonging to the senator.

A Capitol Police spokeswoman said Phillip Thompson was charged with carrying a pistol without a license and possessing an unregistered firearm and unregistered ammunition.

A congressional official said Webb gave the gun to Thompson when the aide drove him to an airport and that Thompson forgot he was carrying the weapon. (AP)

Father, Kids Found Dead in Frederick

FREDERICK, MD. | The bodies of a man and his four young children were found Monday in a townhouse in the city, Frederick police said.

The father was found hanging by a nylon rope from a second-floor bannister, said Lt. Thomas Chase. The children — ages 9, 4, 3 and 1, were under the covers in bed. Autopsies are set for Tuesday. (AP)

The Lotteries

Monday, March 26

DISTRICT	
Mid-day Lucky Numbers	0-7-2
Evening Lucky Numbers	6-1-3
Mid-day DC 4	3-9-2-0
Evening DC 4	0-5-4-1
Rolling Cash Five	13-23-22-15-5
Daily 6	13-15-1-16-27-5 Bonus: 25

MARYLAND	
Mid-day Pick 3	9-1-9
Evening Pick 3	9-0-0
Mid-day Pick 4	1-1-9-9
Evening Pick 4	8-4-8-3
Match 5	14-15-21-33-37 Bonus: 9

VIRGINIA	
Mid-day Pick 3	0-7-6
Mid-day Pick 4	3-7-0-3
Mid-day Cash 5	3-6-20-24-27

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

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Money

New Home Sales Fall Again

Report is weaker than Wall Street expected, heightening loan woes

WASHINGTON | Sales of new homes fell for a second consecutive month in February, dimming hopes for a rebound soon in the troubled housing market and raising fears about the health of the overall economy.

The Commerce Department reported Monday that sales of single-family homes dropped 3.9 percent last month to a seasonally adjusted annual rate of 848,000 units, the slowest pace in nearly seven years.

The decline followed a 15.8 percent plunge in January, the biggest one-month decline in 13 years.

The weakness in sales was accompanied by a drop in prices, with the median price of a new home falling to $250,000 in February, down 0.3 percent from a year ago.

The report was far weaker than Wall Street had been expecting and raised concerns that rising mortgage delinquencies and foreclosures, especially in the subprime market, would further depress housing activity in the months ahead as nervous lenders tighten their standards.

Concerns about financial difficulties facing many lenders in the subprime market, designed for borrowers with weak credit ratings, contributed to a 416-point plunge in the Dow Jones industrial average on Feb. 27.

"Lending standards apparently are tightening not only in the subprime market but in other components of mortgage lending as well, and this is creating tremendous uncertainties regarding the near-term outlook for home sales and housing production," said David Seiders, chief economist for the National Association of Home Builders.

The number of unsold homes shot up to 546,000 units. It would take 8.1 months to eliminate that backlog of unsold homes at the February sales pace, the longest period for this measurement in 16 years.

Economists predicted further downward pressure on prices in the months ahead until the number of unsold homes reaches more normal levels. MARTIN CRUTSINGER (AP)

JUSTIN SULLIVAN/GETTY IMAGES

Workers raise framing in a new housing development last June in Richmond, Calif. New home sales were down in February in all regions of the U.S. except the West.

Shifting choices: Is it time to buy or is it time to sell? The Post's Housing Outlook 2007 feature can help you navigate the market. | **washingtonpost.com/realestate**

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Opteum	4.65	+.56	+13.7
Vonage n	3.38	+.38	+12.7
SpectBrds	6.15	+.63	+11.4
MacGry	15.48	+1.56	+11.2
Wellmn	3.87	+.31	+8.7

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
EmergBio n	13.68	-1.39	-9.2
Levitt	9.68	-.95	-8.9
NovaStar	5.34	-.47	-8.1
BeckCoult	62.51	-4.57	-6.8
BostonSci	14.22	-1.00	-6.6

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Alexza	15.21	+5.23	+52.4
Biosite	83.80	+28.42	+51.3
Tarrant	2.01	+.46	+29.7
Phazar	6.70	+1.12	+20.1
Iomai	4.81	-.05	-1.0

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
CV Thera	6.75	-1.82	-21.2
Cohesant	6.90	-1.82	-20.9
Synchron n	15.07	-3.31	-18.0
ProgGam	4.20	-.73	-14.8
OptiBkHld	9.02	-.96	-9.6

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.25
3-month disc	4.925	4.93
2-year	4.56	4.61
10-year	4.58	4.56
30-year	4.78	4.71

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5077	.5098	.5740
Canadian Dollar	1.1621	1.1609	1.1678
European Euro	.7501	.7524	.8313
Japanese Yen	118.04	118.05	117.46
Mexican Peso	11.0218	11.0109	10.8565
Taiwanese Dollar	33.08	33.13	32.62

DOW	NASDAQ	S&P 500
-11.94	+6.70	+1.39
-0.10	+0.27	+0.10
12469.07	2455.63	1437.50

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	57.14	-.88	-16.4
Amylin	36.52	-.46	+1.2
BiogenIdc	45.64	-.26	-7.2
Celgene	54.00	-1.02	-6.1
ChRvLab	45.83	-.15	+6.0
GenProbe	47.56	+.38	-9.2
Genentch	83.07	+.51	+2.4
Genzyme	60.71	-.22	-1.4
GileadSci	75.30	+.72	+16.0
Imclone	39.00	+.50	+45.7
Invitrogn	63.02	+.24	+11.4
MedImun	34.61	+.50	+6.9
MillPhar	11.33	-.11	+3.9
QIAGEN	17.60	+.15	+16.3
VertxPh	27.91	-.14	-25.4

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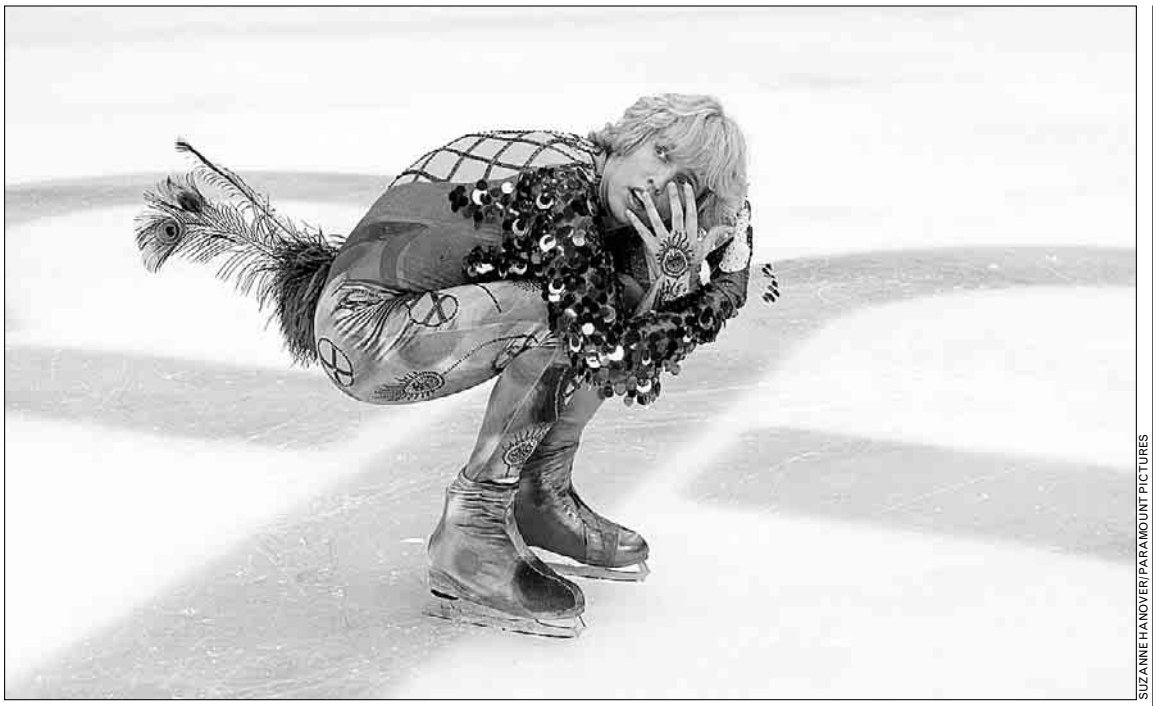
National Institute of Diabetes & Digestive & Kidney Diseases

BACK ON BOARD: Kate Winslet and Leonardo DiCaprio will rekindle their on-screen chemistry in "Revolutionary Road," a drama about postwar disillusionment. Winslet's husband, Sam Mendes, will direct — which means any love scenes will be short and sweet.

Entertainment



SUZANNE HANOVER/PARAMOUNT PICTURES

PROUD AS A SATIN PEACOCK: Jon Heder tries to hide from the hilarious shame of his outfit in the comedy "Blades of Glory."

Knights on Ice

Satin and spangles abound in Ferrell and Heder's new comedy

CUTS LIKE A KNIFE | In "Blades of Glory," Will Ferrell and Jon Heder play rivals Chazz Michael Michaels and Jimmy MacElroy, respectively, whose competitive spirit gets the best of them at the world championship finals of competitive figure skating. After tying for first place, their longstanding rivalry erupts into a smackdown on the ice that results in the accidental torching of the event's mascot.

Stripped of their medals and banned from the sport, the disgraced skaters try their hand at real-world jobs with little success. Nearly four years later, their paths cross and they discover a loophole in the rules that permits them to skate again — but only as a couple.

So Chazz and Jimmy attempt to put aside their differences for another crack at taking home the gold. And in the process, they make history as the first male duo to compete for a world championship.

The Ben Stiller-produced caper includes a supporting cast of comedy stalwarts, including Will Arnett, Amy Poehler, Jenna Fischer and Craig T. Nelson.

Neither actor had previously set foot on an ice rink, a detail that proved critical when Heder fractured his ankle while rehearsing. The injury delayed the start of production and forced the filmmakers to shuffle their shooting schedule to accommodate Heder's recovery. After mastering the rudiments of staying vertical on the ice, Ferrell and Heder had to learn to dance. They prepared under the tutelage of professional skating choreographer Sarah Kawahara.

Heder, 29, insisted that despite his rough start, he fell in love with ice-skating. "It was like learning another language," the Colorado native enthused. "It's kind of like riding a bike."

"With 20 wheels and no handle bars," finished Ferrell.

Ferrell and Heder also had to cope with the form-fitting costumes. The outfits, they insisted, weren't so bad. But the actors found the dance belts underneath to be confining. "It's really painful," said Heder.

The two actors agree that they share a likeminded approach to comedy. "We're similar in the sense that we completely commit to the characters, which is, like, the whole point of doing comedy," said Ferrell.

"Once you find that character, then the comedy will come — especially the situational stuff," adds Heder. "Sometimes, when you get into that character and make that character a tangible person, that's when people believe. And that's when comedy happens."

ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

Rhymes as Thick as a Brick

El-P still spits dense and tricky raps but now they can breathe

MUSIC | El-P and his label, Def Jux, have always had a thing for maximum density. No hip-hop imprint has put out records that jammed as much musical and lyrical information into the grooves, and no artist has done as much of the jamming over the years as El Producto.

So, hearing that "I'll Sleep When You're Dead" is perhaps the most overloaded release of his career is really saying something.

But in the four years since his last release, El-P has learned how best to arrange his arsenal of beats and rhymes.

Songs that once might have collapsed under their own weight are now almost symphonic, a point made emphatically during the nearly seven-minute opener "Tasmanian Pain Coaster," a swirling, dreamlike pairing with the Mars Volta.

WORLD'S FAIR

Rapper El-P has figured out how to put his rhymes in the best musical light.

Even more astonishing is "Habeas Corpses (Draconian Love)," a futuristic fantasy in what sounds like several suites; it's the closest anyone's come to translating the giddy disorientation of "Blade Runner" to wax.

El-P's verses, as always, are trickier to dissect, but it is best, and most fair, to treat the whole impressive album as the Impressionistic sound painting El-P has long threatened — and finally delivered.

DAN LEROY (THE HARTFORD COURANT)

Today's Top Stops

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AMY T. ZIELINSKI

NELLIE MCKAY

Busy Little Head

1 Singer, songwriter, comedian and firebrand Nellie McKay had a busy 2006. She acted on Broadway in "The Threepenny Opera" and self-released the "Pretty Little Head" double CD. McKay is in the process of recording her third CD, so expect plenty of new tunes at the Birchmere — plus plenty of hilarious stage patter.

➜ *Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., $35; 703-573-7328.*

'AWAY FROM HERE'

Alzheimer's Drama

2 Director Sarah Polley and actor Gordon Pinsent will be present to discuss the film "Away From Here," which tracks the effects of Alzheimer's disease on a retired married couple.

➜ *Freer Gallery, Smithsonian, 12th Street and Jefferson Drive SW; 7 p.m., $13; 202-357-3030. (Smithsonian)*

BISHOP ALLEN

Like Clockwork

3 The indie-pop trio Bishop Allen released an EP a month in 2006 — and it still had enough tunes left for a forthcoming full-length CD on its new label, Dead Oceans. Bishop Allen's songs are uniformly catchy, minimalistic '60s-style folk-pop.

➜ *Rock and Roll Hotel, 1353 H St. NE; with +|- and Say Hi to Your Mom, 8 p.m., $12; 202-388-7625.*

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SHOOTER (R) - ID REQ'D DIG (115 400) 730 1020
DEAD SILENCE (R) - ID REQ'D DIG (200 445) 800 1010
I THINK I LOVE MY WIFE (R) - ID REQ'D DIG (200 415) 715 950
PREMONITION (PG-13) DIG (145 430) 745 1000
300 (R) - ID REQ'D DIG (130 415) 715 1000
WILD HOGS (PG-13) DIG (145 430) 745 1010
BREACH (PG-13) DIG (345) 700 930
MUSIC AND LYRICS (PG-13) DIG (115) PM

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale MEET THE ROBINSONS (G) ★
Adv. Tix on Sale GRINDHOUSE (R) - ID REQ'D ★
SHOOTER (R) - ID REQ'D DIG (100 130 405 435) 710 740 1015
TEENAGE MUTANT NINJA TURTLES (PG) DIG (235 500) 725 950
REIGN OVER ME (R) - ID REQ'D DIG (110 140 415 445) 720 750 1025
THE HILLS HAVE EYES II (R) - ID REQ'D DIG (255 450 520) 715 745 940 1010
PRIDE (PG) DIG (250 525) 800 1035
THE LAST MIMZY (PG) DIG (220 455) 730 1005
I THINK I LOVE MY WIFE (R) - ID REQ'D DIG (115 215 355) 640 905
DEAD SILENCE (R) - ID REQ'D DIG (120 400) 645 915
PREMONITION (PG-13) DIG (125 155 430) 700 930
300 (R) - ID REQ'D DIG (145 410 440) 705 735 1000 1030
OC: WILD HOGS (PG-13) DIG (425) 925
WILD HOGS (PG-13) DIG (150) 655
BREACH (PG-13) DIG 650 935
BRIDGE TO TERABITHIA (PG) DIG (135 420)

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale MEET THE ROBINSONS (G) ★
Adv. Tix on Sale GRINDHOUSE (R) - ID REQ'D ★
OC: WILD HOGS (PG-13) DIG (210) 820
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1140 1240 200 310 450 540) 710 810 940
SHOOTER (R) - ID REQ'D DIG (1140 130 230 430 530) 730 830 1030
REIGN OVER ME (R) - ID REQ'D DIG (1130 140 220 440 520) 740 840 1040
THE HILLS HAVE EYES II (R) - ID REQ'D DIG (1210 240 500) 750 1010
PRIDE (PG) DIG (115 415) 715 1015
THE LAST MIMZY (PG) DIG (120 420) 720 950
I THINK I LOVE MY WIFE (R) - ID REQ'D DIG (110 350) 635 910
DEAD SILENCE (R) - ID REQ'D DIG (1215 300 545) 800 1025
PREMONITION (PG-13) DIG (1245 145 400) 700 930 1000
300 (R) - ID REQ'D DIG (1200 150 250 445 550) 745 850 1035
WILD HOGS (PG-13) DIG (1145 410 510) 650
AMAZING GRACE (PG) DIG (1230 330) 630 920
BREACH (PG-13) DIG (100 345) 645 945
GHOST RIDER (PG-13) DIG (1250 340) 640 915
BRIDGE TO TERABITHIA (PG) DIG (1220 320) 625 900
MUSIC AND LYRICS (PG-13) DIG 1020 PM

ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#

Adv. Tix on Sale MEET THE ROBINSONS (G) ★
Adv. Tix on Sale GRINDHOUSE (R) - ID REQ'D ★
SHOOTER (R) - ID REQ'D DIG (115 415) 715 1015
THE HILLS HAVE EYES II (R) - ID REQ'D DIG (130 430) 730 945
TEENAGE MUTANT NINJA TURTLES (PG) DIG (130 430) 730 945
THE LAST MIMZY (PG) DIG (115 415) 715 945
REIGN OVER ME (R) - ID REQ'D DIG (145 445) 745 1035
300 (R) - ID REQ'D DIG (145 415 445) 715 745 1030
PRIDE (PG) DIG (200 500) 800 1030
I THINK I LOVE MY WIFE (R) - ID REQ'D DIG (200 500) 800 1015
DEAD SILENCE (R) - ID REQ'D DIG (515) 1030
PREMONITION (PG-13) DIG (115 215 515) 815 1000
WILD HOGS (PG-13) (100 400) 700 930
BREACH (PG-13) DIG 930 PM
BRIDGE TO TERABITHIA (PG) DIG (100 400) 700
OC: BREACH (PG-13) DIG (230) 730

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale GRINDHOUSE (R) - ID REQ'D ★
SHOOTER (R) - ID REQ'D DIG (100 130 400 430) 700 730 950 1020
TEENAGE MUTANT NINJA TURTLES (PG) DIG (110 150 330 410) 650 740 930
THE LAST MIMZY (PG) DIG (140 435) 725 945
PREMONITION (PG-13) DIG (145 440) 720 955
PREMONITION (PG-13) (340) 920
WILD HOGS (PG-13) DIG (120 420) 735 1010
I THINK I LOVE MY WIFE (R) - ID REQ'D DIG (125 345) 710 940
DEAD SILENCE (R) - ID REQ'D (120 350) 745 1005
BREACH (PG-13) (105) 645
AMAZING GRACE (PG) DIG 1000 PM

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale MEET THE ROBINSONS (G) ★
Adv. Tix on Sale GRINDHOUSE (R) - ID REQ'D ★
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1220 130 245 430 515) 700 745 1015
SHOOTER (R) - ID REQ'D DIG (100 415) 730 1045
REIGN OVER ME (R) - ID REQ'D DIG (1245 400) 715 1020
THE LAST MIMZY (PG) DIG (130 445) 730 1010
THE HILLS HAVE EYES II (R) - ID REQ'D DIG (145 500) 800 1030
PRIDE (PG) DIG (110 410) 715 1000
I THINK I LOVE MY WIFE (R) - ID REQ'D DIG (1250 415) 815 1040
DEAD SILENCE (R) - ID REQ'D DIG (1230 245 515) 815 1040
PREMONITION (PG-13) DIG (145 500) 800 945 1030
300 (R) - ID REQ'D DIG (100 400 445) 700 745 1000 1045
WILD HOGS (PG-13) DIG (115 350) 645 950
GHOST RIDER (PG-13) DIG 945 PM
BRIDGE TO TERABITHIA (PG) DIG (1245 350) 645
AMAZING GRACE (PG) DIG (1230) PM

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale MEET THE ROBINSONS (G) ★
Adv. Tix on Sale GRINDHOUSE (R) - ID REQ'D ★
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1230 245 515) 745 1010
SHOOTER (R) - ID REQ'D DIG (1245 345) 730 1030
THE HILLS HAVE EYES II (R) - ID REQ'D DIG (130 445) 800 1015
PRIDE (PG) DIG (1245 315) 700 945
THE LAST MIMZY (PG) DIG (115 335) 700 930
REIGN OVER ME (R) - ID REQ'D DIG (100 345) 730 1020
I THINK I LOVE MY WIFE (R) - ID REQ'D DIG (200 430) 800 1020
DEAD SILENCE (R) - ID REQ'D DIG (145 415) 815 1025
PREMONITION (PG-13) DIG (130) 645
300 (R) - ID REQ'D DIG (115 400) 715 745 1000 1030
WILD HOGS (PG-13) DIG (145 415) 715 945
AMAZING GRACE (PG) DIG (1230 315) 630 915
BRIDGE TO TERABITHIA (PG) DIG (100 330) 645 930
MUSIC AND LYRICS (PG-13) DIG (200 430)
OC: PREMONITION (PG-13) DIG (400) 915

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale MEET THE ROBINSONS (G) ★
Adv. Tix on Sale GRINDHOUSE (R) - ID REQ'D ★
THE LAST MIMZY (PG) DIG (1150 220 445) 730 950
REIGN OVER ME (R) - ID REQ'D DIG (1230 325) 720 1010
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1140 1215 200 230 420 450) 710 740 955
SHOOTER (R) - ID REQ'D DIG (1240 340) 725 1015
THE HILLS HAVE EYES II (R) - ID REQ'D DIG (1205 240 455) 750 1005
PRIDE (PG) DIG (1255 330) 745 1020
I THINK I LOVE MY WIFE (R) - ID REQ'D DIG (1200 215 435) 700 935
DEAD SILENCE (R) - ID REQ'D DIG (100 405) 700 920
PREMONITION (PG-13) DIG (100 400) 755 1025
300 (R) - ID REQ'D DIG (1235 345) 650 925 945
WILD HOGS (PG-13) DIG (1250 350) 645 915
AMAZING GRACE (PG) DIG (1220 315) 640
BREACH (PG-13) DIG 940 PM
GHOST RIDER (PG-13) DIG 930 PM
BRIDGE TO TERABITHIA (PG) DIG (1145 210 430) 705

Times For 3/27/07 Daily Bargain Matinees In ( ) OC= Open Captioned DA= Descriptive Audio Available * Pass / Discount Ticket Restrictions Apply ©2007

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AMC Select - Special films for select tastes.

AMC HOFFMANN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

THE HILLS HAVE EYES 2 (R) 3:10, 5:40, 7:55, 10:10
THE LAST MIMZY (PG) 1:30, 4:15, 7:10, 9:45
PRIDE (PG) 1:50, 4:40, 7:20, 10:15
REIGN OVER ME (R) 1:10, 1:45, 4:00, 4:35, 7:15, 7:55, 10:05, 10:45
SHOOTER (R) 1:00, 3:30, 4:15, 6:35, 7:35, 9:55, 10:35
TMNT (PG) 2:00, 3:00, 4:30, 5:30, 7:00, 8:00, 9:30, 10:30
DEAD SILENCE (R) 2:50, 5:10, 7:40, 10:00
I THINK I LOVE MY WIFE (R) 1:25, 4:25, 7:05, 9:35
PREMONITION (PG13) 2:25, 2:45, 5:05, 5:15, 7:45, 7:50, 10:05
300 (R) 1:20, 2:20, 3:20, 4:20, 5:20, 6:30, 7:30, 8:30, 9:50, 10:45
300 (R) CC 1:20, 4:20, 7:30, 10:45
WILD HOGS (PG13) 1:55, 2:55, 4:50, 5:45, 7:25, 8:10, 9:55, 10:35
ZODIAC (R) 2:05, 8:05
BREACH (PG13) 1:05, 3:55, 6:55, 9:40
BRIDGE TO TERABITHIA (PG) 1:35, 4:10
GHOST RIDER (PG13) 10:20 PM
MUSIC AND LYRICS (PG13) 1:15, 6:50
TYLER PERRY'S DADDY'S LITTLE GIRLS (PG13) 6:45, 9:10
NORBIT (PG13) 5:35

AMC SELECT

BLACK SNAKE MOAN (R) 4:05, 9:20

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

THE HILLS HAVE EYES 2 (R) ✓ 2:05, 4:25, 6:50, 9:15
THE HILLS HAVE EYES 2 (R) CC ✓ 2:05, 4:25, 6:50, 9:15
THE LAST MIMZY (PG) ✓ 2:20, 4:50, 7:20, 9:50
PRIDE (PG) ✓ 2:30, 5:00, 7:35, 10:15
REIGN OVER ME (R) ✓ 1:10, 4:05, 7:00, 10:00
SHOOTER (R) ✓ 1:35, 4:30, 7:30, 10:30
TMNT (PG) ✓ 2:40, 4:55, 7:15, 9:35
DEAD SILENCE (R) 1:15, 3:30, 5:50, 8:15, 10:20
I THINK I LOVE MY WIFE (R) 2:15, 4:40, 7:05, 9:30
PREMONITION (PG13) 1:00, 3:15, 5:40, 8:10, 10:30
300 (R) 1:10, 4:00, 6:45, 7:45, 9:25, 10:25
ZODIAC (R) 1:00, 4:10, 10:30
BREACH (PG13) 2:25, 5:05, 7:50
MUSIC AND LYRICS (PG13) 2:35, 5:10

AMC SELECT

THE NAMESAKE (PG13) 2:10, 5:00, 7:55, 10:30
PAN'S LABYRINTH (R) 10:25 PM

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

THE LAST MIMZY (PG) ✓ 12:15, 2:45, 5:10, 7:35, 9:55
PRIDE (PG) ✓ 4:20, 7:00, 9:45
REIGN OVER ME (R) ✓ 4:00, 7:15, 10:10
SHOOTER (R) ✓ 4:30, 7:30, 10:20
TMNT (PG) ✓ 12:45, 3:00, 5:15, 7:25, 9:45
DEAD SILENCE (R) 5:45, 8:15, 10:30
I THINK I LOVE MY WIFE (R) 5:30, 8:00, 10:15
PREMONITION (PG13) 5:15, 7:45, 10:00
300 (R) 12:00, 2:50, 5:30, 8:10, 10:45
WILD HOGS (PG13) 12:30, 3:15, 5:45, 8:05, 10:30

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

THE HILLS HAVE EYES 2 (R) ✓ 1:30, 3:50, 6:20, 8:30, 10:45
THE LAST MIMZY (PG) ✓ 12:40, 3:10, 5:30, 7:50, 10:10
PRIDE (PG) ✓ 1:30, 4:05, 7:05, 9:40
REIGN OVER ME (R) ✓ 1:40, 4:30, 7:20, 10:10
SHOOTER (R) ✓ 1:25, 4:25, 7:30, 10:30
TMNT (PG) ✓ 12:30, 1:10, 2:40, 3:30, 4:50, 5:50, 7:10, 8:10, 9:30, 10:20
DEAD SILENCE (R) 1:00, 3:30, 5:45, 8:15, 10:30
I THINK I LOVE MY WIFE (R) 12:50, 3:15, 5:45, 8:00, 10:35
PREMONITION (PG13) 2:00, 4:20, 7:00, 9:30
300 (R) 1:20, 2:50, 4:10, 5:40, 7:10, 8:20, 9:50
300 (R) CC 1:20, 4:10, 7:10, 9:50
WILD HOGS (PG13) 1:05, 1:50, 3:40, 4:15, 6:10, 6:50, 8:40, 9:20
ZODIAC (R) 10:15 PM
BREACH (PG13) 1:45, 4:40, 7:25, 10:05
BRIDGE TO TERABITHIA (PG) 12:40, 3:00, 5:20, 7:40
GHOST RIDER (PG13) 12:40, 3:20, 5:55, 8:20, 10:40
MUSIC AND LYRICS (PG13) 1:10, 3:50, 6:35, 9:20

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

THE HILLS HAVE EYES 2 (R) ✓ 1:20, 3:30, 5:45, 8:00, 10:15
THE LAST MIMZY (PG) ✓ 1:55, 4:30, 7:05, 9:30
PRIDE (PG) ✓ 2:05, 4:35, 7:10, 9:35
REIGN OVER ME (R) ✓ 1:45, 4:40, 7:25, 10:10
SHOOTER (R) ✓ 1:05, 4:05, 7:15, 10:00
TMNT (PG) ✓ 1:40, 2:45, 4:10, 5:10, 6:30, 7:30, 9:00, 9:45
DEAD SILENCE (R) 1:15, 3:25, 5:35, 7:50, 10:05
I THINK I LOVE MY WIFE (R) 2:20, 5:00, 7:35, 9:55
PREMONITION (PG13) 2:15, 4:50, 7:20, 9:50
300 (R) 1:10, 2:10, 4:00, 4:55, 6:50, 7:35, 9:40, 10:15
300 (R) CC 2:10, 4:55, 7:35, 10:15
WILD HOGS (PG13) 1:25, 2:50, 3:50, 5:15, 6:40, 7:40, 9:05, 10:05
ZODIAC (R) 1:00, 6:50
BREACH (PG13) 4:15, 10:10
BRIDGE TO TERABITHIA (PG) 1:50, 4:20, 6:45
GHOST RIDER (PG13) 2:00, 4:45, 7:25, 10:00
TYLER PERRY'S DADDY'S LITTLE GIRLS (PG13) 9:20 PM
NORBIT (PG13) 1:35, 4:25, 6:55, 9:25

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
410-423-0520

THE HILLS HAVE EYES 2 (R) 1:20, 3:50, 6:10, 8:30
THE LAST MIMZY (PG) 1:55, 4:25, 7:00, 9:30
PRIDE (PG) 2:35, 5:15, 7:45, 10:05
REIGN OVER ME (R) 1:15, 4:15, 7:20, 10:00
SHOOTER (R) 1:35, 4:35, 7:30, 10:10
TMNT (PG) 1:10, 3:10, 5:30, 7:50, 9:50
DEAD SILENCE (R) 1:50, 4:10, 6:30, 8:50
I THINK I LOVE MY WIFE (R) 1:40, 4:05, 6:40, 9:10
PREMONITION (PG13) 2:20, 5:00, 7:40, 9:55
300 (R) 2:30, 4:20, 5:20, 7:10, 8:10, 9:45
WILD HOGS (PG13) 1:00, 3:20, 5:50, 8:20
WILD HOGS (PG13) CC 1:00, 3:20, 5:50, 8:20
ZODIAC (R) 2:50, 6:20, 9:40
BRIDGE TO TERABITHIA (PG) 2:05, 4:30, 6:50
GHOST RIDER (PG13) 1:30
NORBIT (PG13) 9:20 PM

LOEWS FAIRFAX SQUARE 8
8065 Leesburg Pike
703-506-9857 802

THE ASTRONAUT FARMER (PG) 4:40, 7:40
THE NUMBER 23 (R) 5:10, 8:10
GHOST RIDER (PG13) 4:30, 7:30
MUSIC AND LYRICS (PG13) 4:50, 7:50

AMC SELECT

AMAZING GRACE (PG) 4:20, 7:20
THE LAST KING OF SCOTLAND (R) 4:10, 7:10
DREAMGIRLS (PG13) 4:00, 7:00
THE QUEEN (PG13) 5:00, 8:00

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

THE HILLS HAVE EYES 2 (R) 1:10, 3:40, 5:50, 8:10, 10:15
PRIDE (PG) 1:50, 4:40, 7:10, 9:50
REIGN OVER ME (R) 1:10, 4:30, 7:20, 10:20
SHOOTER (R) 1:20, 4:10, 7:00, 10:10
TMNT (PG) 12:50, 3:00, 5:30, 7:30, 9:40
DEAD SILENCE (R) 1:30, 4:00, 6:50, 9:30
I THINK I LOVE MY WIFE (R) 12:30, 3:15, 5:40, 7:45, 10:20
PREMONITION (PG13) 1:20, 4:30, 7:00, 10:15
300 (R) 1:40, 4:50, 7:50, 10:25
WILD HOGS (PG13) 2:00, 4:20, 6:40, 9:20
BRIDGE TO TERABITHIA (PG) 1:05, 3:30, 5:50
GHOST RIDER (PG13) 3:50, 10:00
TYLER PERRY'S DADDY'S LITTLE GIRLS (PG13) 8:00, 10:25
NORBIT (PG13) 1:00, 6:45

LOEWS DUPONT 5
1350 19th St.
1-800-FANDANGO #711

300 (R) 4:10, 5:00, 7:00
TWO WEEKS (R) 7:45
BREACH (PG13) 4:30, 7:15

AMC SELECT

STARTER FOR 10 (PG13) 5:15, 8:00
AMAZING GRACE (PG) 4:45, 7:30

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

300 (R) 1:00, 3:45, 6:30, 9:15

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

PRESENTED IN DIGITAL PROJECTION
WILD HOGS (PG13) 2:00, 4:25, 7:00, 9:25
THE HILLS HAVE EYES 2 (R) ✓ 1:15, 3:35, 5:50, 8:30, 10:35
THE LAST MIMZY (PG) ✓ 1:00, 3:25, 5:45, 8:10, 10:25
PRIDE (PG) ✓ 1:05, 3:30, 5:55, 8:20, 10:40
REIGN OVER ME (R) ✓ 1:25, 4:10, 7:20, 10:05
SHOOTER (R) ✓ 1:40, 4:35, 7:35, 10:20
TMNT (PG) ✓ 12:45, 2:50, 5:00, 7:10, 9:30
DEAD SILENCE (R) 1:55, 4:30, 7:15, 9:35
I THINK I LOVE MY WIFE (R) 1:10, 3:20, 5:40, 8:00, 10:15
PREMONITION (PG13) 12:45, 3:00, 5:15, 7:40, 10:00
300 (R) 1:20, 2:35, 4:05, 5:20, 7:05, 8:05, 9:45, 10:45
WILD HOGS (PG13) 12:55, 3:10, 5:30, 8:15, 10:30
ZODIAC (R) 12:50, 4:15, 7:30, 10:45
BREACH (PG13) 1:50, 4:20, 7:25, 9:55
BREACH (PG13) CC 1:50, 4:20, 7:25, 9:55
BRIDGE TO TERABITHIA (PG) 12:55, 3:15, 5:35, 7:55, 10:10

AMC RIVERTOWNE 12
Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

THE HILLS HAVE EYES 2 (R) ✓ 5:30, 8:10
PRIDE (PG) ✓ 5:00, 7:30
SHOOTER (R) ✓ 4:35, 7:45
TMNT (PG) ✓ 4:30, 7:00
DEAD SILENCE (R) 5:20, 7:40
I THINK I LOVE MY WIFE (R) 5:25, 8:00
PREMONITION (PG13) 5:15, 8:05
300 (R) 4:50, 7:45
WILD HOGS (PG13) 5:10, 7:25
GHOST RIDER (PG13) 4:45, 7:50
TYLER PERRY'S DADDY'S LITTLE GIRLS (PG13) 4:40, 7:10
NORBIT (PG13) 4:30, 7:00

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

REIGN OVER ME (R) ✓ 4:10, 7:00, 9:50
TMNT (PG) ✓ 2:20, 4:30, 6:50, 9:00
I THINK I LOVE MY WIFE (R) 3:30, 5:40, 7:50, 10:30
WILD HOGS (PG13) 3:10, 5:30, 7:40, 10:20
ZODIAC (R) 3:20, 6:40, 10:00
BREACH (PG13) 2:30, 4:50, 7:20, 9:40
MUSIC AND LYRICS (PG13) 2:40, 5:00, 7:30, 10:10

AMC SELECT

MISS POTTER (PG) 2:10, 4:40, 7:10, 9:20

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT

THE NAMESAKE (PG13) 1:40, 2:30, 4:10, 5:00, 7:00, 7:40, 9:30, 10:00
THE HOST (R) 2:20, 4:40, 7:30, 9:50
STARTER FOR 10 (PG13) 3:50, 9:20
AMAZING GRACE (PG) 2:10, 4:20, 7:20, 9:40
THE LIVES OF OTHERS (R) 2:00, 4:50, 8:00
THE LAST KING OF SCOTLAND (R) 1:50, 4:30, 7:10, 9:40
THE QUEEN (PG13) 1:30, 7:10

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

PRIDE (PG) 2:15, 4:50, 7:15
REIGN OVER ME (R) 2:10, 4:40, 7:10
SHOOTER (R) 2:05, 4:45, 7:10
PREMONITION (PG13) 2:20, 4:30, 7:00
300 (R) 2:15, 4:35, 7:15

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

THE HILLS HAVE EYES 2 (R) ✓ 2:20, 4:30, 6:40, 8:50
THE LAST MIMZY (PG) ✓ 3:20, 5:55, 8:15
REIGN OVER ME (R) ✓ 2:15, 5:00, 7:45
SHOOTER (R) ✓ 2:15, 5:05, 8:00
PREMONITION (PG13) 2:40, 5:00, 7:20
WILD HOGS (PG13) 5:20, 7:40
BREACH (PG13) 3:15, 8:05
MUSIC AND LYRICS (PG13) 5:40
MUSIC AND LYRICS (PG13) CC 5:40

✓-SPECIAL ENGAGEMENT No passes or discount coupons
CC - Closed Captioning · DVS - Descriptive Video Service

Times for Tuesday, March 27, 2007

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Mr. Sanya states that the Report represents the compendium of his many years of real estate experience and can be of substantial value to homeowners, especially those whose homes have been on the market unsold for a considerable period of time. The author emphasizes that although he does not accept every listing, by following the Report's procedures he accomplishes a sale in every instance in which he is the broker of record.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site – **www.WantItSoldNow.com.**

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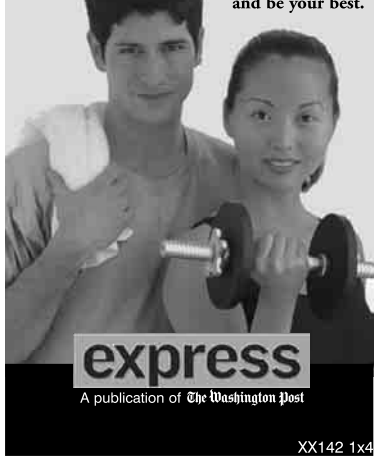

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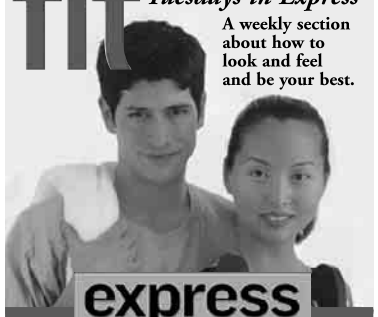

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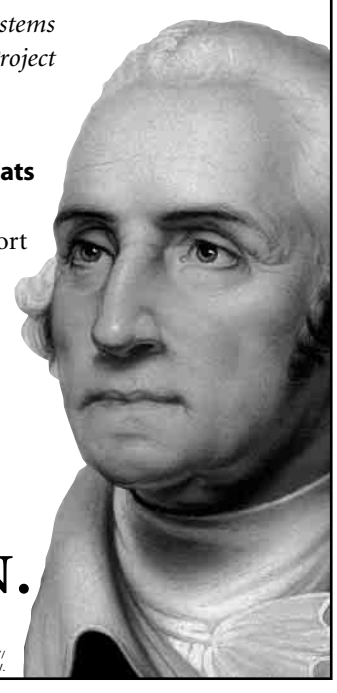

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HISTORY WILL BE KIND: HBO and BBC have reteamed with producers Ridley and Tony Scott for "Churchill at War," a follow-up to "The Gathering Storm," their biopic of Winston Churchill. Brendan Gleeson is set to portray the former British prime minister.

Television

ON TV TONIGHT

DOUBLE DOSE OF BAD BOOGIE

On **DANCING WITH THE STARS** (ABC), a recap of the action (8 p.m.), then the results are announced (9 p.m.).

WE CAN'T WORK IT OUT

The reality series **WORK OUT** (10 p.m., Bravo) returns. The show features Jackie Warner, the trainer and owner of a place that's repeatedly described as "L.A.'s hottest gym." If the place is so hot, then why is its biggest client Kathy Griffin?

BURN RUBBER OUTTA HERE

DRIVING FORCE (10 p.m., A&E) also enters a second season. This show concerns drag-strip legend John Force, his estranged wife and their three daughters. The girls have all followed in dad's footsteps, presumably so they could learn to drive as quickly as possible away from Force's obnoxious personality.

JILLIAN EDELSTEIN

RANDOM OBJECTS: Singer-songwriter Robyn Hitchcock gets documented.

AND PHONES AND FLOWERS

The documentary **ROBYN HITCHCOCK: SEX, FOOD, DEATH ... AND INSECTS** (10 p.m., Sundance) profiles the musician.

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Total Nightmare

'American Dream' is in no way great and its wishes are weak

LIMBURGER | How much cheese can America stand?

I've admitted that I enjoy those awful "Idol" moments when the kids do a "Brady Bunch"-like musical number disguised as a Ford commercial. But I just may have to draw a line in the cheese when it comes to watching Donny Osmond.

Osmond and his amazing teeth have been in the business of show for 43 years, and he's perfectly cast to host "The Great American Dream Vote" (10 p.m., ABC), the umpteenth variation on "Queen for a Day" to come down the video pike.

ABC

'GREAT AMERICAN' CHOPPERS: Osmond hosts TV's lastest slice of cheese.

Contestants present their dreams to a studio audience and are then eliminated until just two worthies battle it out to have his or her dream realized.

These aren't exactly impossible dreams out of "The Man of La Mancha."

A fireman wants to open a florist shop; an animal lover dreams of a home for elderly basset hounds; a prematurely bald student has visions of a fuller head of hair; a computer whiz wants an opera singer to serenade his girlfriend. A teacher has a vision of one day opening a theme park filled with chickens. Maybe America needs better dreams.

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

3.27.07		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News CC		NBC Nightly News	Access Hollywood	Dateline NBC "To Catch an ID Thief"		Law & Order: Criminal Intent (N)		Law & Order: Special Victims Unit (N)		News CC	Tonight Show
	WTTG 5	Seinfeld CC	The Simpsons	The Simpsons	Seinfeld CC	American Idol (S Live) CC		(:07) House "Top Secret" (N) CC		(:07) News		News	Every-Raymond
	WJLA 7	News CC	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Dancing With the Stars (N) CC		Dancing With the Stars (S Live) CC		The Great American Dream Vote		News CC	(:35) Nightline
	WUSA 9	News CC	Evening News	News	Entertainment	NCIS "Sandblast" CC		The Unit "Natural Selection" CC		Shark "Deja Vu All Over Again" CC		News CC	Late Show
	WDCA 20	Scrubs CC	Scrubs CC	Judge Joe Brown	Judge Judy (N)	American Heiress CC				The Tyra Banks Show CC		Still Standing	Still Standing
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova "The Perfect Pearl"		Frontline/World (N Subtitled-English)		Independent Lens (N) CC (DVS)		Roadshow FYI	Smart Travels
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "The Perfect Pearl"		Frontline "Operation Urgent Fury"		Where the Wild Things Live CC		Charlie Rose (N) CC	
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Rick Steves: Italy's Dolce Vita CC				BBC World News	Tavis Smiley	Charlie Rose (N) CC	
	WDCW 50	My Wife and Kids	My Wife and Kids	Friends CC	Friends CC	Gilmore Girls CC		Pussycat Dolls-Search		Will & Grace	Will & Grace	Sex and the City	Sex and the City
BASIC CABLE	A&E	Crossing Jordan "Ockham's Razor"		CSI: Miami "Shattered" CC		CSI: Miami "Silencer" CC		Bounty Hunter	Bounty Hunter	Driving Force	Driving Force (N)	King of Cars (N)	King of Cars
	Animal	The Crocodile Hunter Diaries CC		The Most Extreme "Predators" CC		The Most Extreme Animal ancestors.		Austin Stevens: Snakemaster (N)		Animal Cops Houston CC		The Most Extreme Animal ancestors.	
	BET	106 & Park: BET's Top 10 Live CC			College Hill CC	★★ "The Players Club" (1998, Comedy-Drama) LisaRaye, Bernie Mac. CC				College Hill CC	Run's House	Jamie Foxx	Jamie Foxx
	Bravo	Real Housewives		Real Housewives		Real Housewives		Work Out CC		Work Out Skylab dream. (N) CC		Work Out Skylab dream. CC	
	Comedy	(5:00) ★★ "Scorched" (2002) CC		Scrubs CC	Scrubs CC	Daily Show	Colbert Report	Mind of Mencia	South Park CC	Bill Engvall: 15 Degrees Off Cool		Daily Show	Colbert Report
	Court	Forensic Files	Forensic Files	Cops CC	Cops CC	Cops CC	Cops CC	Cops CC	Cops CC	Most Shocking		LA Forensics	North Mission
	Discovery	It Takes a Thief CC		Lobstermen: Jeopardy at Sea CC		Lobstermen: Jeopardy at Sea CC		Deadliest Catch: Best of Season 2 Highlights. (N)				MythBusters Submerged car. CC	
	DISCH	Code Blue "One Day at a Time"		Impact: Stories of Survival CC		Sextuplets Turn 12 CC		Conjoined Twins: Erin and Jade		Surviving Sextuplets and Twins CC		Sextuplets Turn 12 CC	
	Disney	Phil of the Future	That's So Raven	Phil of the Future	Zack & Cody	★★ "Smart House" (1999) Ryan Merriman. CC			That's So Raven	Life With Derek	Phil of the Future	Zack & Cody	That's So Raven
	E!	Dr. 90210 Dancers opt for surgery.		E! News (N)	The Daily 10 (N)	40 Smokin' On-Set Hookups Love affairs.				Girl Next Door	Girl Next Door	E! News	The Daily 10
	FX	(5:30) ★★★ "Friday Night Lights" (2004) Billy Bob Thornton, Derek Luke.				★ "Taxi" (2004, Comedy) Queen Latifah, Jimmy Fallon. Premiere.				Dirt "Ita Missa Est"		(:06) Dirt "Ita Missa Est"	
	HGTV	Look What I Did!	What's-House?	If Walls Could	House Hunters	Designed to Sell	Buy Me	Decorating Cents	24 Hour Design	House Hunters	Buy Me	House Worth?	Hidden Potential
	Family	7th Heaven "Pathetic" CC		Smallville "Redux" CC		★★★ "Mrs. Doubtfire" (1993) Robin Williams. An estranged dad poses as a nanny to be with his children. CC						The 700 Club CC	
	History	Hooked: Illegal Drugs		Modern Marvels: Engines CC		Lost Worlds Atlantis. CC		Ancient Discoveries (N) CC		Modern Marvels: The Lumberyard		Modern Marvels: Drilling CC	
	Lifetime	Reba CC	Reba CC	Still Standing	Still Standing	Reba CC	Reba "The Feud"	"The Last Trimester" (2006, Suspense) CC				Will & Grace	Will & Grace
	MTV	Next (N)	Next	Spring Break		Parental Control	Parental Control	Bam's Union	Bam's Union	Two-A-Days (N)	The Real World	Wild 'n Out	Wild 'n Out
	NICK	Ned's School	Fairly OddParents	Fairly OddParents	Jimmy Neutron	SpongeBob	Drake & Josh	Full House CC	Full House CC	Roseanne CC	Roseanne CC	Fresh Prince	Fresh Prince
	SCIFI	Stargate SG-1 "Prophecy" CC		Stargate SG-1 "Insiders" CC		Stargate SG-1 "Uninvited" CC		Stargate SG-1 "200" CC		ECW Five days until WrestleMania.		Battlestar Galactica "Crossroads"	
	SPIKE	CSI: Crime Scene Investigation CC		CSI: Crime Scene Investigation CC		CSI: Crime Scene Investigation CC		UFC Unleashed		Bullrun (N)		Pros vs. Joes	
	TBS	Seinfeld CC	Seinfeld CC	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	Friends CC	Friends CC	Sex and the City	Sex and the City
	TLC	Flip That House	Flip That House	Miami Ink "Bella Boot Camp" CC		Miami Ink Psychic. CC		Miami Ink Mural project.		Miami Ink "Kat's Cooking" (N)		Miami Ink Rapper Lloyd Banks. CC	
	TNT	Law & Order "Star Crossed"		Law & Order "Mammon"		★★★ "The Truman Show" (1998) Jim Carrey, Laura Linney. CC				★★★ "The Truman Show" (1998) Jim Carrey, Laura Linney. CC			
	USA	Law & Order: Special Victims Unit		Law & Order: Criminal Intent CC		Law & Order: Special Victims Unit		★★ "The Fast and the Furious" (2001, Action) Vin Diesel, Paul Walker. CC				Law & Order: Special Victims Unit	
	VHI	I Love New York Ex-girlfriends dish.		I Love New York Overnight dates.		I Love New York Meeting mothers.		I Love New York "Clip Show"		The Agency (N)	The Agency	Surreal Life Fame Games	
SPAN.	TELEM	Daniela	Noti-Telemndo	Dame Chocolate		Marina		Zorro - La Espada y la Rosa			Decisiones	Noti-Telemndo	12 Corazones
	UNIV	Que Locura	Noticiero Univ	Duelo de Pasiones		La Fea Más Bella (N)		Destilando Amor		Nuestra Belleza Latina		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live) CC		Women's College Basketball: NCAA Tourn. Regional Final -- Teams TBA				Women's College Basketball: NCAA Tourn. Regional Final -- Teams TBA				SportsCenter (Live) CC	
	ESPN2	Truck Stop	NASCAR Now	College Basketball NIT Semifinal -- Mississippi State vs. West Virginia. CC				Update	College Basketball NIT Semifinal -- Air Force vs. Clemson. (Live) CC				NCAA Special
	CSN	Washington	SportsNite CC	NHL Hockey Pittsburgh Penguins at Washington Capitals. (Live)					Caps Postgame	SportsNite (Live) CC		ACC All-Access	Final Score
NEWS	CNN	Lou Dobbs Tonight CC		The Situation Room		Paula Zahn Now CC		Larry King Live CC		Anderson Cooper 360 CC			
	FNC	Special Report (Live) CC		The Fox Report With Shepard Smith		The O'Reilly Factor (Live) CC		Hannity & Colmes (Live) CC		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	Tucker		Hardball CC		Countdown With Keith Olbermann		Scarborough Country		Young Lords of Chaos Killing.			
MOVIES	AMC	★★★ "Dead Calm" (1989, Suspense) Sam Neill, Nicole Kidman. 'R'				★★ "Magnum Force" (1973) Clint Eastwood. "Dirty" Harry investigates gangland-style murders.					★★ "Any Which Way You Can" (1980) Clint Eastwood.		
	TCM	★★ "Johnny Cool" (1963, Crime Drama) Henry Silva, Jim Backus. 'NR'				★★★ "Shamus" (1973, Crime Drama) Burt Reynolds, Dyan Cannon. 'PG'				★★★ "Marlowe" (1969, Mystery) James Garner, Gayle Hunnicutt. 'PG' CC			
	HBO	(5:30) ★★★ "The Sisterhood of the Traveling Pants"		"Life Support" (2007, Drama) Queen Latifah. CC				The Sopranos "Cold Stones" CC		★★ "Just Like Heaven" (2005) Reese Witherspoon. CC			(:40) Addiction
	MAX	(5:50) ★★★ "Jarhead" (2005, War) Jake Gyllenhaal, Jamie Foxx. 'R' CC				★ "Battlefield Earth" (2000, Science Fiction) John Travolta. 'PG-13' CC				★ "Hope Floats" (1998, Romance) Sandra Bullock. 'PG-13' CC			
	SHOW	(5:00) ★★ "The Playboys" (1992)		★★ "The Movie Hero" (2003) Jeremy Sisto. 'NR' CC			★★ "Jiminy Glick in Lalawood" (2004) Martin Short. 'R'			This Am. Life	Penn & Teller	(:05) The L Word (iTV) CC	
	TMC	For Those Who	(:25) ★ "I Got the Hook-Up" (1998) Master P. 'R'			★★★ "Lemony Snicket's A Series of Unfortunate Events" (2004) 'PG' CC				★ "The Zodiac" (2005) Justin Chambers. 'R' CC			(:40) The Hitcher
	STARZ!	(4:50) ★★ "Lost in Space" (1998)		(:10) ★★ "Guess Who" (2005, Comedy) Bernie Mac. 'PG-13' CC				★★ "Underworld: Evolution" (2006, Horror) Kate Beckinsale. 'R' CC				(10:50) ★ "Ultraviolet" (2006) 'PG-13'	
	ENCORE	Exorcism-Emily	★★ "Austin Powers: International Man of Mystery" CC			★★ "Hostage" (2005, Action) Bruce Willis, Kevin Pollak. 'R' CC				★★ "Six Days, Seven Nights" (1998) Harrison Ford.			Man Who Knw

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OFF THE MARKET: John Calipari, who guided Memphis to the NCAA regional final for the second straight season, received a contract extension through 2012 on Monday. Calipari's name had been tossed out as a candidate for the Kentucky job. Memphis went 33-4 and 16-0 in Conference USA.

Sports

New Hoyas Are a Different Breed

Unlike 22 years ago, team is a fan favorite — and a slight underdog

HOYAS HOOPS | With the game ball from the previous night tucked preciously under his arm, John Thompson III stepped off the bus Monday to cheers, chants and a hug from the mayor in front of the old gym on Georgetown's campus.

"I hope no one's missing class to be here," Thompson III said, half-jokingly, as the crowd of 150 or so surrounded him and his players in the parking lot.

Moments later, Thompson's father walked briskly through the crowd with considerably less fanfare, using his well-worn collection of four-letter words to shoo away anyone with a camera or a notepad.

"Talk to the kids. It's their day," said the Hall of Fame coach popularly known as Big John. "I'm sick of this father-son [stuff]."

And, with that, the man who created Hoya Paranoia was gone. Georgetown's new generation — the kindler, gentler version of the Hoyas — was left to carry on with the ad hoc celebration.

MICHEL DU CILLE/TWP

CROWD CONTROL: Georgetown's Tyler Crawford, far right, gets high-fives from a group of fans who welcomed the Hoyas home.

Their similarities and differences have been analyzed and over-analyzed, but another contrast has become evident in recent weeks: JT III, as he is known, has a team even the average fan can like.

Big John's Hoyas were polarizing, the New York Yankees of their day. Fans either loved them or hated them. They played physical — some say they played dirty — and the menacing scowls of Patrick Ewing, baldheaded bruiser Michael Graham and the coach himself only reinforced the reputation.

By contrast, his son comes across as modest and humble. His star players, Jeff Green and Roy Hibbert, are self-effacing players who like to smile about their backdoor passes rather than brag about their dunks.

In addition, the Hoyas are an underdog, at least somewhat. At 30-6, they'll have more losses than the other three teams at the Final Four.

"You can embrace this team because of the style they play," said Rich Chvotkin, who has stayed close to the team in more than 33 years as the team's play-by-play announcer. "It's not just pound it into the bigs and intimidation. ... John [the son] is a different model. He's more accessible. He's more open. You don't see them in the same light." JOSEPH WHITE (AP)

Quick to Study

➜ Like at most schools, Georgetown students were elated to watch their team make the Final Four. Unlike at many schools, the celebration was missing rioting. | Today, Sports

IN The Washington Post

BROAD APPEAL

Georgetown assistant coach Kevin Broadus was announced as the second head coach of Binghampton on Monday:

➜ Broadus couldn't stay long when Binghamton announced him as the new coach of its men's basketball team Monday; he's still an assistant at Georgetown, and the Hoyas are headed to the Final Four. "We should be gunning to win the America East Championship," he said. "That's my goal. I've just fulfilled one goal — to get to the Final Four — and we'll begin to strive for that next goal. Broadus has been an assistant coach at five schools over the past 17 years, all in the D.C. area, and recruited many of Georgetown's current players.

Arkansas Fires Coach Following Tourney Loss

COLLEGE HOOPS | Stan Heath was fired Monday after five seasons as basketball coach of the Razorbacks.

Arkansas made the NCAA tournament, thanks to a late-season run, but that was not enough to save Heath's job. The Razorbacks (21-14) lost 77-60 to Southern California in the first round.

Arkansas spokesman Kevin Trainor said Heath and athletic director Frank Broyles met Monday morning, and Broyles informed Heath of the decision.

"The decision to make a coaching change was difficult due to the respect I have for Stan Heath," Broyles said in a release.

Heath's record at the school was 82-71, but he went 31-49 in Southeastern Conference play. (AP)

Durant, Oden Named All-Americans

Youngsters are the first freshmen to be honored since 1990

COLLEGE HOOPS | If Kevin Durant and Greg Oden play only one season of college basketball, it will have been as All-Americans.

They were voted to The Associated Press' All-America team Monday, the first freshmen so honored since 1990.

The 6-foot-9 Durant, who led Texas to the Big 12 title, was the only unanimous choice of the 72-member national media panel that selects the weekly Top 25.

Oden, the 7-footer who helped Ohio State to its first No. 1 ranking in 45 years, was joined on the team by seniors Alando Tucker of Wisconsin and Acie Law IV of Texas A&M and junior Arron Afflalo of UCLA. The voting was conducted before the NCAA tournament.

TY RUSSELL/AP

Texas' Kevin Durant was the only unanimous selection to the All-America team.

Since freshmen became eligible to play in 1972, the only ones selected to the first team had been Wayman Tisdale of Oklahoma in 1983 and Chris Jackson of LSU in 1990.

JIM O'CONNELL (AP)

AMERICA'S TEAMS

On Monday, The Associated Press announced its All-America selections, which were voted on by its 72-member panel:

First Team:
- Kevin Durant, Texas
- Alando Tucker, Wisconsin
- Acie Law IV, Texas A&M
- Arron Afflalo, UCLA
- Greg Oden, Ohio State

Second Team:
- Nick Fazekas, Nevada
- Tyler Hansbrough, UNC
- Chris Lofton, Tennessee
- Jared Dudley, Boston College
- Joakim Noah, Florida

Third Team:
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- Aaron Brooks, Oregon
- Al Thorton, Florida State
- Aaron Gray, Pittsburgh

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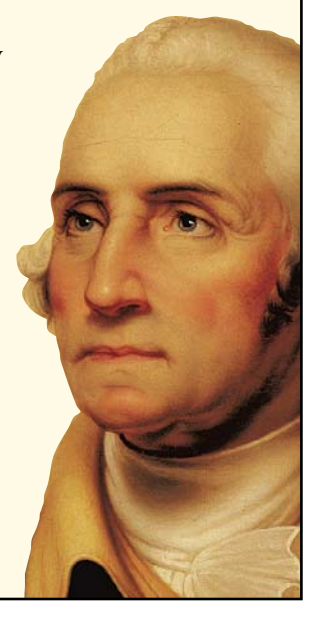

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CUSHY EXCUSE: Felipe Lopez delivered a unique excuse for sitting out a game: poor pillows. Shortly before the game, he was replaced in the lineup and on the field by Ronnie Belliard. The official reason? A stiff neck. "I slept on it wrong," he said. "The pillows at the hotel are pretty thick."

Swengali

HOYAS HOOPS | BY MATT SWENSON

Hoyas' Green Is the Real Deal

IF THIS IS REALLY JEFF GREEN'S swan song at Georgetown, he sure is bellowing a great tune.

The Big East player of the year was the East Region's best player in the NCAA tournament the past two weeks.

First, he made an improbable shot with just over two seconds left to lift the Hoyas to a one-point win over Vanderbilt on Friday in the Sweet 16.

As an encore Sunday, the junior from Hyattsville, Md., led the way in a stunning comeback over North Carolina to punch the school's first ticket to the NCAA's biggest stage since 1985.

Green is far from being the Hoyas' only hero. But he's their best, most complete player — and has been for three years.

Long before the national media caught wind of this star forward's

Any pro team that lands Jeff Green will be hitting the jackpot.

true potential, Big East coaches were touting Green as an NBA lottery pick who should he leave school early. How right they were.

Any pro team that lands Green will be hitting the jackpot. He passes, plays defense, makes 3-pointers and can run an offense for stretches of a game.

In a Final Four full of stars — Greg Oden and Joakim Noah are just two of the big names — don't be surprised if Green outdoes them all next weekend.

And while the expression goes that it isn't easy being Green, No. 32 sure make it look easy every time he steps on the court.

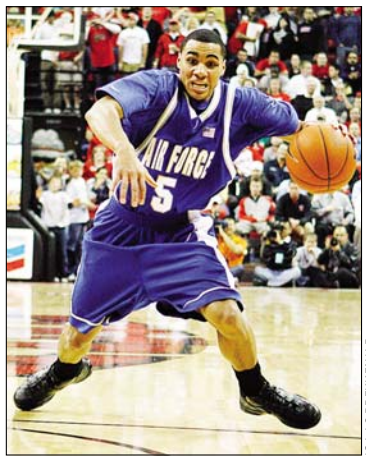
To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Air Force Is Sentimental Favorite

The top-seeded squad has cruised through NIT into semifinal

COLLEGE HOOPS | Matt McCraw and his wide-eyed Air Force teammates were cruising on a fireboat as guests of the New York Fire Department, when they stopped in front of the Statue of Liberty. For a few moments, the excited group of young basketball players turned quiet.

"You always see it in encyclopedias and on the Internet, but actually seeing her right there, that was awesome," McCraw said Tuesday with a broad smile. "We also went to Ground Zero, and that was really humbling and put everything in perspective for us."



ISAAC BREKKEN/AP

Matt McCraw and his Air Force team are sentimental favorites in the NIT.

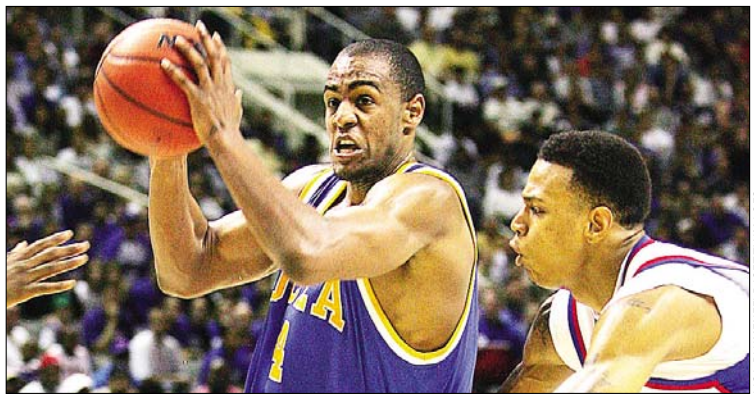
Air Force (26-8) is in New York as one of four semifinalists in the National Invitation Tournament, where it'll take on Clemson (24-10) in one of the games at Madison Square Garden on Tuesday night.

West Virginia (25-9) faces Mississippi State (21-13) in the other game, with the winners playing for the championship Thursday.

The Falcons have been constantly greeted by strangers and reminded that they're appreciated for more than what they do on the basketball court.

Air Force, a sentimental favorite, has gone from being snubbed by the NCAA tournament selection committee to getting within a win of a chance at a title. After the Falcons beat DePaul last Wednesday to reach the semis, players and fans broke into a wild on-court celebration.

"When it became evident that we would not make the NCAA, I gathered my team together and gave them a history lesson about the NIT," Bzdelik said. "I told them that we should embrace this opportunity." DENNIS WASZAK JR. (AP)



LISA BLUMENFELD/GETTY IMAGES

Guard Arron Afflalo had 24 points in UCLA's win over Kansas to get to the Final Four.

Loss Still Resonates With UCLA's Afflalo

Guard says rematch with Florida is a great opportunity for Bruins

NCAA TOURNAMENT | Arron Afflalo is getting just what he wanted — another shot at Florida.

The UCLA star has vivid memories of the Gators' 73-57 victory over the Bruins in the NCAA championship game last spring, and they aren't pleasant.

"It was horrible — not the game itself, but the thought of losing," Afflalo said Monday on a conference call. "Winners and people who do things special are never forgotten. Second-best is not good enough. It was very painful that night."

Even a year later, Afflalo doesn't appear to see the upside concerning what his team accomplished on its first trip to the Final Four since 1995.

"I hate to lose and I like to win. I hate losing more than I like winning," he said. "I'm very competitive when it comes to a lot of things. ... No one was happy with the season we had last year, especially with the effort in that last game."

The Bruins (30-5) and Gators (33-5) meet again Saturday, this time in the national semifinals at the Georgia Dome in Atlanta.

"Now that it's here, it's a great thing," Afflalo said of playing Florida again. "It gives us a chance to kill two birds with one stone in a sense — a chance at revenge and moving toward the championship. (AP)

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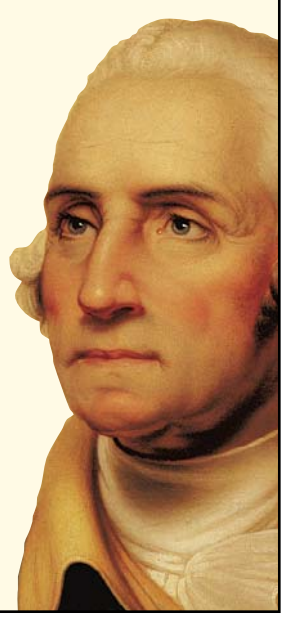

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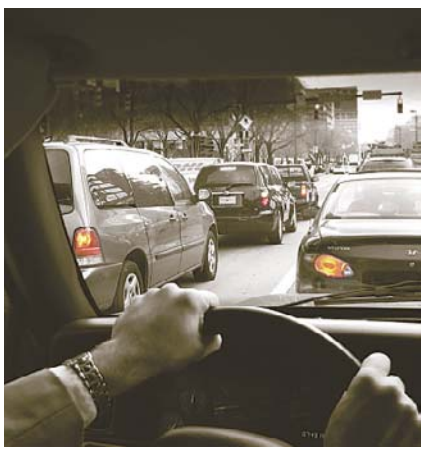

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BOOTH ACHE: ESPN is changing quarterbacks. Joe Theismann will no longer be part of the network's "Monday Night Football" booth. He will be replaced by Ron Jaworski. Theismann will be offered another analyst job with the network, an ESPN official said on Monday.

Rotation Not Quite Official

Nats are keeping quiet, but Hill looks to have the second spot tied up

NATIONALS | Shawn Hill's parents plan to make the drive from Georgetown, Ontario, to Washington soon, so they can watch in person when he starts the Nationals' second game of the season April 3.

Not one to take anything for granted at this stage of an injury-hampered career, though, Hill told his folks to wait for his go-ahead later this week. He still hasn't received official word from manager Manny Acta or pitching coach Randy St. Claire that he'll take the No. 2 slot in the rotation — as obvious to everyone as it may be.

"That's all contingent on the fact that I am throwing that day," Hill said. "They're not getting in the car until I tell them."

BOB JORDAN/AP

Shawn Hill seems to have the second spot in the Nationals' rotation locked up.

That's the sort of uncertainty that surrounded the Nationals' rotation at the outset of spring training, 1 ½ months ago. When pitchers and catchers reported, there was one lock for the rotation: John Patterson.

Now, a week away from opening day, after all of the jokes, all of the scoffing, the Nationals are nearly done piecing together a rotation, and Hill is a part of it.

"Shawn's been pretty much our most consistent pitcher all spring," third baseman Ryan Zimmerman said, "so that's good to see."

Hill joins Patterson, Matt Chico and Jerome Williams in the rotation.

"I feel good because of the fact that Patterson and Hill have stayed healthy," Acta said before the game. "If either one of those guys would have gone down, then we would have been in a very scary, tough position."

HOWARD FENDRICH (AP)

UNC Basketball Team Mascot Dies

COLLEGE HOOPS | Jason Ray, the North Carolina student who performed as a mascot for the school's basketball team, died three days after he was struck by a car hours before an NCAA tournament game. He was 21.

Ray died Monday morning, said Steve Kirschner, the university's associate athletic director for communications.

Ray had been in critical condition since the accident Friday afternoon. He was hit from behind while walking on a highway shoulder near his hotel after going to a nearby convenience store. No charges have been filed against the driver. (AP)

TODAY'S TV LINEUP

CAPITALS (7 P.M. ON COMCAST) For the last few years, the Caps and the Pens have been at the bottom of the standings together at this point in the season. Not this year. When Pittsburgh comes to town on Tuesday, it'll be trying to improve its playoff seed.

NCAA TOURNAMENT (7 P.M. AND 9 P.M. ON ESPN2) West Virginia, Mississippi State, Clemson and Air Force are all in New York as part of the final four — the final four teams in the NIT. West Virginia and Mississippi State tip off first.

WOMEN'S NCAA TOURNAMENT (7 P.M. AND 9 P.M. ON ESPN) Meanwhile, four women's teams — Tennessee against Mississippi and Purdue versus North Carolina — play for the last two spots in the women's real Final Four.

BASEBALL (1 P.M. ON ESPN) With Opening Day less than a week away, the Yankees take on the Twins in Florida.

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Save the Bay! Learn the basics of political organizing and fundraising while working with the Chesapeake Bay Foundation. Passion for the environment and good communications skills a must. Hours M-F 1:30-10:00p.m. 395-480/wk + bonus. Call Citizens Campaigns at 202-895-0420 ext 113.

ADMIN

Director of Administration

SEcurity co. seeking Director of Administration to oversee & manage all admin. functions to include payroll, human resources, accts payable/receivable, contract & union negotiations. Candidate must have:

- Bachelors Degree
- HR/payroll Exper.
- Management Experience.
- Be Aggressive & detail - oriented
- Know contract mgmt
- Proficient in MS Office.

Salary $50K-$70K depending on exper. Qualified candidates should email resume to: hr@ares-group.com or fax to: 703-704-5352
EOE. Lic #1133-00

ADMINISTRATIVE ASSISTANT P/T in Downtown Silver Spring. Flex hrs. Windows & Excel a must Able to Multi-task. Free prkg. Call Joyce 301-352-9019

Advertising

Desktop Publisher/ Paginator

Join our Advertising Operations Dept!
Responsibilities include:

- Produce and release advertising portion of pages using pagination systems for display and classified products;
- Review paginated products for quality and accuracy;

Successful candidates will:

- Be knowledgeable of pagination software (CCI, SCP/SII a plus);
- Have the ability to work independently or as part of a team;

Night position, Tues - Fri, 6:30 PM - 2:30 AM & Sat, 3:00 PM - 11:00 PM. Flexibility in scheduling is required.
Qualified candidates should send a cover letter, resume & salary requirements to:

The Washington Post

Attn: HR/PAG/CP
1150 15th Street, NW
Washington, DC 20071
Fax: (202) 912-3677
TalentSearch@washpost.com

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JOBS

Administrative Support Assistant, GS-0303-06 $33,872 - $44032

The administrative support assistant provides administrative coverage for the healthcare services division during evening, night, weekend and holiday shifts. Applicants should have computer experience and be able to respond quickly in emergency situations. Healthcare experience is preferred.

Armed Forces Retirement Home
La Garde Building
3700 N Capitol St. NW
Washington, DC 20317

For more information, visit **www.usajobs.com** and search for "AFRH" or call Eric Brown at (304) 480-8351.

Advertising Coordinator (Customer Service) Full Time

The Washington Post is currently searching for high energy Customer Service Representatives who will work in a fast-paced, detailed oriented, and team spirited environment.

Responsibilities:

- Provide service support for sales account managers and advertisers in all areas of sales support.
- Manage ad orders and materials.
- Assure accurate billing.
- Respond to inquiries from both external and internal inquiries.

For more information & to apply online, visit www.washpost.com.

Qualified candidates should send a resume and cover letter to:

The Washington Post

Attn: HR/CSR/CP
Fax - (202) 912-3677
talentsearch@washpost.com

Advertising

New Accounts Specialist

The Washington Post has an opening in its Accounting Department for a New Accounts Specialist. The responsibilities include opening and monitoring new accounts; auditing for errors & providing feedback; & processing and approving credit applications.

The successful candidate must be detail oriented and have superior customer service, problem solving, communications, organization & time management skills.

Candidates should send a cover letter, resume & salary requirements to:

The Washington Post

Attn: Human Resources/NA-CP
1150 15th Street, NW
Washington, DC 20071
(202) 912-3677 - fax

Automotive

Seeking FT Receptionist for busy dealership. Hrs are M-F, 8-4pm. Benefits offered. Send resume to: veronica.scarfi@bmwoffairfax.com

JOBS

Architect

Architects, Engineers, Waterproofing Professional

Tadjer Cohen Edelson Associates is seeking Architects, Engineers and Waterproofing professionals in our Repair and Restoration Division. The individuals will be performing forensic analysis on damaged and deteriorated structures then designing repairs to correct the damage. Duties will also include building envelope design of new construction. Areas of work include waterproofing, roofing systems, facades, windows, structural system failures, corrosion damage, concrete damage and similar deterioration that occurs to buildings. Project management and construction administration experience also desired. Also seeking WATERPROOFING INSPECTOR for inspection of waterproofing installation. Good benefits and the possibility of advancement. EOE.

Fax resume: Tadjer-Cohen-Edelson Associates, 301-588-1966 or email: eedelson@tadjerco.com

ASSISTANT DIRECTOR

Degree in early childhood/related field or CDA. Pre school teaching experience. Supervisory experience preferrable in a licensed center. Fax resume to 703-690-7478 or Call 703-690-1939.

AUTOMOTIVE

Tischer Acura Nissan In Laurel

Due to expansion, we are currently searching for quality candidates to fill the following positions:

- Acura Sales Specialists
- Nissan Sales Specialists
- Pre owned Sales Specialist
- Parts Managers
- Service Managers
- Office Personnel
- Call center personnel
- Part time Cashiers
- HR Specialist
- Stock Clerks
- Lot attendants

Great reasons to join our team:

- Co. paid health insurance
- 401K w/matching
- Profit-sharing Program
- Paid Vac., Up to 3 wks/yr
- Industry's most competitive pay plan
- Paid Comprehensive Training
- Employee discount purchase plan
- Room for advancement

For confidential interview, Fax your resume to: Bruce Breinig, 301-498-3123 or email: **bbreinig@tischerauto.com**

AUTOMOTIVE SALES

DARCARS Automotive Group is currently seeking full time sales consultants to join our team! **No experience necessary!** We offer full benefits and top pay plans! **Earning potential over 80K!!!** Apply in person at 12214 Cherry Hill Road, Silver Spring MD 20904 or call 1-800-574-8197 for interview. Must have valid drivers license.

DARCARS®

Auto Mechanic

ASC certified MD Inspector. Very busy location. Good benefits. Call John 301-460-9600 or 240-899-4601.

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JOBS

AUDIO TECH

The Art Institute of Washington, a private, accredited college, is seeking an Audio Tech. Manage day-to-day operations of audio studios, labs and supplies; coordinate maintenance, repair and schedule use of audio equipment. Responsible for maintenance of digital audio workstations, Requires associate's; Bachelor's preferred; major in Computer Tech or Audio Prod. 2 to 3 yrs experience in: Audio tech; hardware/software including: cabling of computers, interconnection audio systems, recording studio technology, and software such as Protools, Logic Pro.Competitive salary and benefits. Convenient to the Rosslyn metro. Email: hraiw@aii.edu, indicating 'ATEX/ON' in the subject line. For more details, see our website at www.aiw.aii.edu. EOE, M/F/D/V.

The Art Institute of Washington
A branch of The Art Institute of Atlanta, GA

AUTOMOTIVE

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#1 Automotive Repair Business Seeks career minded **Service Advisors/Managers, Technicians & Inspectors** to service our rapidly growing clientele base in Alexandria, Herndon & Reston, VA. Competitive salary, benefits, very positive work environment. Will train. ASE certifications a plus. Call Bill @ **703-517-1078**

BARBER— Barbers & Hair Stylists. DC Lic. 202-497-8947

Barbers/Stylists/Braiders
Hiring exp staff w/clientele. DC Lic req. Pick your station. CALL:**301-343-3952**

BEAUTY

Esthetician, Nail Tech, Receptionist, and Massage Therapist. Call 202-319-1231 or 202-882-2608.

Beauty — Hairstylist wanted for upscale salon, Suitland, MD. 202-607-0937.

Childcare

TEACHERS AIDE/SR. STAFF
Immediate openings. Landover daycare. Call: 301-772-8838 or Fax resume to: 301-322-9345.

Childcare Workers

Needed for teenaged girls. Fort Wash. & U. Marl. group home. PT and FT positions avail. $12/hr. Fax resumes to 301-292-7539.

Clerical

Seeking FT File Clerk for busy dealership. Benefits offered. Send resume to: veronica.scarfi@bmwoffairfax.com

CNA's & HHA's

Must be DC licensed, to work for fast growing nursing agency. Must have current license, CPR and Health Certificate. Call Robin at 301-986-9129 for other reqs and to set appointments.

CONCESSIONS

ARAMARK at RFK Stadium

Home of the **Washington Nationals and DC United,** is now hiring for **200 immediate openings!** Positions include **cashiers, stand workers, stand managers, food runners, suite attendants, utility, warehouse, and MANY, MANY MORE!** Stop at the ARAMARK Human Resources Office located at the Stadium at 2400 East Capitol St. S.E. Washington, DC 20003. The Stadium is conveniently located off of the Stadium/Armory Metro stops on the Orange or Blue line. ARAMARK will be hiring as soon as possible, Monday through Friday 10 a.m. to 4 p.m. and new hires will be able to start immediately! Please call (202) 544-0648 for additional information.

Construction Laborers—Asphalt laborers needed. Drivers lic a plus. Immed. openings. Alexandria, VA. Asphalt equip. knowledge a plus. Competitive pay. Call 703-370-3737 or 301-370-7100

Classifieds

JOBS

Correctional and Community Health Center Opportunities

Unity Health Care is a nonprofit org. We offer excel. job opptys. to work with an innovative proj. providing primary health care to DC resid. EOE

FT/PT/PRN (D/E/N/Wkends)

- RNs
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- QI Regulatory Affairs Nurse
- LPNs
- Nurse Practitioner
- Health Center Director
- Medical Director
- Case Manager
- Materials Manager
- Administrative Assistant
- Medical Assistant
- Dental Assistant
- Mental Health Clinician
- Radiology Technician
- Pharmacist
- Pharmacy Technician
- Coord of Volunteer Prog

We offer an attractive comp. & benes. pkg!
Visit: www.unityhealthcare.org
Unity Health Care
Attn: HR, 3020 14th St, NW, WDC 20009
employment@unityhealthcare.org

COUNSELORS
Youth/Recreation, boys & girls group homes. P.G. Co. Flex hrs. Fax resume: 301-562-8341 EOE.

play su|do|ku

Concierge/Front Desk Attendant

DC Firm seeks exp person to provide Concierge/Front Desk duties. Must possess excellent commun/comp skills, proficient in Word and Excel, Min of 3 years exp. req'd as Concierge. Call for interview 202-544-8073.

Construction

LSDBE Subcontractors

Coakley & Williams is seeking interested LSDBE subcontractors in all trades to participate in the construction of DC Prep. Please contact Colleen Books at 301-963-5000 to receive a bid package.

CUSTOMER ACCOUNT COORDINATORS

Premier political and financial publishing company seeking recent college grads for full time positions as Customer Account Coordinators. Must be organized, have a great attention to detail, and be a positive team player. Ideal candidate must have excellent verbal and written communication skills, be computer savvy, and outstanding problem solving skills. Bachelor degree is a must. Our benefits package includes 401K, PTO, medical, dental, prescription, vision, life insurance and more!

We are conveniently located close to Capitol Hill and are one block from Union Station (Red Line accessible).

Please send cover letter, resume, and salary requirements to csmanager@eaglepub.com or fax to: 202-216-0615.

Customer Service

Client Relations Specialist

$26K/Year. NewsUSA. Relaxed office environment-Falls Church, VA. Close to Orange line Metro. Must have strong verbal & writing skills. H.S. Diploma. Basic computer skills. Email wbynum@newsusa.com

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CUSTOMER SERVICE FT
Phone Sales & Clerical Staff jobs avail @ Natural Health Center in Alex. VA. Great teamwork & free continued Education. Upward mobile avail. You must come in to apply. **Call 703-354-7336.**

Customer Service

Warranty Service Representative

Miller and Smith, Inc., an award winning and innovative homebuilder currently has an exciting opportunity for a Warranty Service Representative in our Tyson's Corner office. Responsibilities include, but are not limited to: handling incoming calls from homeowners and interacting with subcontractors, scheduling appointments, computer-literate good computer skills with strong communication skills both verbal and written, and residential home customer service experience required. We offer a business casual environment, competitive compensation including paid vacation and sick leave, 401(k), profit sharing and more. Interested applicants should send resume w/cover letter **HR@millerandsmith.com** by fax to 703-394-6605 or mail to HR Department, Miller and Smith, 8401 Greensboro Drive, Ste. 300, McLean, VA 22102.

EEO M/F/V/D

MILLER AND SMITH

DANCERS— Wanted for Gentleman's Club (PG County). $300-$500/night. No exp. needed. **240-286-3660 or 301-568-8500**

DENTAL ADMIN. COORDINATOR

Team oriented practice in search of an experienced, motivated individual. Excellent benefits. Fax your resume to: 202-463-7868; email: phillooper@aol.com.

DENTAL
ORAL SURGERY ASSISTANT

Prominent downtown oral and maxillofacial surgery practice is seeking dynamic, career-minded individual to complement our existing staff of seasoned professionals. Successful candidate should have prior surgical assisting exper.; implant exper. is a plus. Comprehensive benefit package, competitive salary, Metro accessible. Mon-Fri. Resumes can be faxed to **202-466-5236.**

DRIVER $—A courier company in Alexandria needs drivers with **cars, vans & mopeds. Must know DC metro area.** Commission + gas incentives. Benefits offered by 3rd party co. **Call: Rey 703-684-7836.**

DRIVER $— Average $800-$1000 in weekly commissions. We have raised our rates & need I/C's with own Van, Car or Pick-up for routes & local deliveries. **Call Joe 703-662-2218, Tues-Fri.**

DRIVER — BUS DRIVER. P/T, 20-30/hr/wk, up to $16/hr. AM/PM school run CDL w/B/C Class and P end.
Call 202-636-9203

DRIVER — Earn $600-800/week FT, $9-14/hr PT. Driving for TakeOut Taxi, the area's largest restaurant delivery service. Own vehicle req'd. Call: **301-571-0111.**

Driver Part-Time: CDL req'd. SOME Senior Cntr. Contact John Gleason: 202-582-7138, jgleason@some.org

DRIVER TOUR GUIDE

Part-time / Full-time. Class B CDL, air brakes. $20/hr. Fax resume & clean driving record to 202-554-0614.

Drivers (Dump Truck) CDL-A
Immed. openings. Alexandria, VA. Competitive pay. Call 703-370-3737 or 301-370-7100

Drywall Estimator
Entry-level Estimator position avail. for comm'l drywall co. in Manassas, VA. 3-5 yrs. field exper. req'd. Will train right candidate. Resume by fax at 571-292-9510 or email to: **ruthie@hhdrywall.com**

Educational Manager

Conduct educational and/or vocational assessments of children and youth accepted into foster care. Develop an individual educational plan, identify appropriate educational and vocational resources, and advocate for the educational needs for each child or youth. Prepare reports, collaborate with other professionals and attend all individual Education Planning Conferences for children receiving special educational services. EOE. Send resumes to:

Position # DCNIA 07-13
1704 17th Street N.E.
Washington, DC 20002
Fax: (202) 842-1631
E-Mail: jobline@ntuplc.org

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Education-Tutors and Certified Teachers

Homework center in Fort Wash. area hiring Tutors and Substitute Tutors for grades K-6. Mon-Fri 3:30pm-6:30pm. Certified Teachers needed for all grades on weekends. Call 301-292-8588 or fax resume 301-292-9031.

ELDERCARE—wanted, live-in position for eldercare female. Duties include: light meals, meds & hygiene. Salary negotiable. Call 301-372-8612 after 6pm

Engineering

Geotechnical Regional Director and Staff Engineers

Froehling & Robertson has been in the business for 126 years and we are a major presence in the geotechnical/environmental midatlantic market. We are adding a Regional Director to our metro DC market and several talented Staff level PE's to our offices in MD, VA, & NC. All positions offer competitive salary, excellent benefits, and eligibility for company bonus program. Project managers are eligible for company vehicles/allowance. Interested candidates should email resumes to jharrison@fandr.com. US citizens and Greencard holders only.
www.fandr.com

Entertainment

Tour Producer (Celebrity Entertainment)

USO, a non-profit organization serving the needs of military personnel is seeking a Tour Producer based at the Headquarters office in Arlington, VA. In this position, the individual will produce Celebrity Entertainment shows and Celebrity Education programs for military personnel and their families stationed within the United States & overseas. The position reports to the Director of Entertainment.

Responsibilities: Coordinate all travel & logistics for tours; liaise w/regional and local DOD contacts for all aspects of tour coordination; advance technical & other aspects of productions w/artists' Production Mgr., USO Contract Production Mgr., & the facility; solicit & approve bid requests for local production needs & hire production companies, renting equipment & supervising all tour personnel; develop & maintain accurate budget & subsequent tour accounting; gather information on artists, bases, countries; develop design for tour T-shirts, posters, & other items with artists; generate production packages; generate & submit reports as needed; other related duties.

Minimum requirements: Bachelor's Degree; min. 5 yrs. experience in the Entertainment industry including tour production (sound, lights, staging) w/understanding of bidding & contracting process; experience in international touring and management/interaction w/a variety of entertainment groups; working knowledge of travel industry w/ability to move large groups of people & equipment worldwide; knowledge of technical aspects of concert production; understanding of the military, useful; strong writing & communication skills; knowledge of word processing, spreadsheets, & internet; ability to travel frequently for long distances.

Submit your resume and salary requirements to HR at USO WHQ no later than April 4th, either by email at jobs@uso.org or by fax to (703) 908-6401. Only applicants selected for interview will be contacted. No relocation expenses.
E/O/E. A/A.

Facilities

Bolger Center — DOLCE Conference & Resort Destinations

www.BolgerCenter.com

Dolce International has an immediate opening at their hotel/conference center located in Potomac, Md. The property has 477 guest rooms, 77 conference rooms and sits on 83 acres of beautifully landscaped grounds. We are currently seeking an exp. indv'l for the following position:

Director of Facilities - seeking an individual to maintain responsibility & authority of physical property, including repair, maintenance, design, specification, & modification and to oversee capital and department projects. Will oversee staff and all aspects of the engineering & grounds department. Ideal candidate will have 5+yrs. facilities mgmt. exp. and experience managing a budget. This position will serve as part of the property's executive team.

Please include salary requirements in cover letter. Benefits include health ins., paid time off, a retirement savings plan, free parking, free meal & more!

Please send resume to Norma.Sequeira@dolce.com

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Government

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Using Government provided Laptop computers, Field Representatives interview local respondents for a number of statistical surveys.

Apply immediately for this important part-time position. Must be a United States citizen, at least 18 years old, pass a 30 minute test, have a valid driver's license, use of an insured vehicle, a private telephone line, and be available during day, evening, and weekend hours.

$11.59-$14.56 per hour and 48.5 cents per mile. Paid training.

Please call 1-888-722-8995 to speak to our recruiting staff.

The Census Bureau is an Equal Opportunity Employer.

GROCERIES ASSISTANT

Sought by nonprofit agency. Responsibilities include packing grocery bags, assisting with inventory & ordering, supervising volunteers, general cleaning, occasional food deliveries, and filling in for grocery manager as needed.
Must have valid diver's license, excellent time management skills, basic computer skills, general physical mobility, and strong communication skills.
Tues-Sat schedule. Competitive salary with generous benefits. Offer contingent upon pre-employment drug test.

Apply to: Food & Friends
219 Riggs Rd., NE; WDC 20011
Fax: 202-635-4263
Apply@foodandfriends.org
NO PHONE CALLS. EOE

HOSPITALITY

Great opportunity for Chef Manager position available in the Culpeper area. Must have 4-5 years experience. Great salary & benefits. Mon-Fri. Breakfast and Lunch service. Fax resume: 703-641-4690 attention Cristen Hanner or email resume to: **hannerc@guestservices.com**

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Embassy Suites Hotel in Crystal City is a Hilton Hotel managed facility. We offer a competitive salary & benefits package along with growth opportunities.

Apply in person Mon, Tue, & Wed. 10am-4pm. Applications and resumes that meet all posted requirements will be considered. All position requirements are posted on site If interested fax your resume with desired position to (703) 486-2576

Embassy Suite Hotel
1300 Jefferson Davis Hwy
Arlington, VA 22202

EOE, M/F, D/V

Classifieds

JOBS

Hotel

Holiday Inn

Holiday Inn Dulles

'Are you a dynamic service professional? If so, we have the perfect job for you!'

- **Assistant Director of Catering**
- **Assistant Executive Housekeeper**
- **O'Malley's General Manager**
- **Restaurant Manager**
- **Regional Director of Sales**
- **Executive Sous Chef**

Excellent wages and benefits include 401k with a great $1-$3 match. Email resumes to marisol.rocha@ bfsaulco.com Additional non-management opp- ortunities available at www.bfsaulgreatjobs.com
EOE/M/F/D/V

Hotel

Capital Hilton

Travel should take you places! Capital Hilton Hotel has the following job opportunities:

Security Officer
Bell Captain
Administrative Assistant

In addition we have the following Management position:

Manager Bar/Lounge
At least 3 yrs. exp. Managing and Supervising a Bar or Lounge required. Thorough knowledge of beverage operations including foods, beverage, supervisory aspects, service techniques and guest interaction.

Please apply in person: Mon-Thurs., 11:00am - 3:00pm at the Employee Entrance at L Street NW. Or Fax resume @ (202) 942-1393 Please specify position when faxing in resumes. For other job openings please call our job hotline: (202)639-5745. We are committed to a drug-free workplace. EOE/M/F/D/V

Hotel

Holiday Inn

Tysons Corner

This busy, full service hotel in No. VA is in search of the following key team members:
- Night Auditor - $12/hr
- Guest Service Rep - $11/hr
- Bartender - $5.75/hr
- Room Attendant - $9/hr
- Breakfast Hostess - $8.75

Excellent benefits and increases in pay after 60 days. Please apply at www.bfsaulgreatjobs.com or fax resume to: 703-288-4370 Attn: AD0325. EOE

Housing

Rockville Housing Enterprises is recruiting for Housing Choice Voucher (HCV) Program Manager. This position directs, coordinates and supervises the overall operation of our 359 voucher (HCV) Program. In addition, the candidate will oversee, assign, review and participate in the work of staff responsible for determining the eligibility and selection of (HCV) program participants.

Competitive candidates should have: Experience with overseeing daily operations and managing program quality, including waiting list management, terminations, annual reexaminations and interim changes, and portability. Experience with monitoring program budget, and landlord relations. Working knowledge and oversight of HCV Home Ownership Program. Comprehensive knowledge of researching, referencing and interpreting Section 8 regulations; adhering to program policy guidelines, ordinances, and regulations. Experience in the supervision and coordination of Housing Quality Standards (HQS) inspection function and knowledge of Federal, State and Local regulations. At least three (3) years direct management and oversight of an entire HCV program including strong focus on Quality Control and a clear working understanding of SEMAP indicators. All HUD recognized HCV program certifications are required. Bachelors degree a plus or sufficient years of job experience. Send resume to:
djefferson@rockvillehe.org

HVAC

A&E, Maytag, GE Home Appliance Technicians. $60K plus bonus plus benefits. Over 16yrs, No.Va. only, small zones, low travel, 4yrs exp. Call 703-569-5014 Ask for Don, fax 703-912-5042 or dondorey@hughes.net

HVAC

A/C Equipment Mechanic

The National Gallery of Art has multiple vacancies for A/C Equipment Mechanics, responsible for operating, maintaining, and repairing mechanical systems, air handlers, pumps, compressors, etc. Secure government job, great benefits. Starting wages $47,000. Call Mr. John Bixler, 202-842-6350 for more information. U.S. citizenship is required. For specific application information and instructions go to http://jobsearch.usajobs.opm.gov/a9nga.asp. The vacancy announcement number is #07-17.

HVAC

PRIORITY ENGINEERING SERVICES, LLC

We are a growing HVAC / Engineering services firm seeking several HVAC Technicians who are skilled in troubleshooting, operation, replacement, repair and maintenance of commercial and residential heating and AC systems. Must hold, or be able to obtain within 30 days, a MD HVAC Apprentice license, CFC certification and have a valid drivers' license with safe driving record. Some on-call and OT may be required. Outstanding benefits package. Fax 240-456-0598 or e-mail:
LeslieS@PriorityEngineering.com.

Priority Engineering Services
14221 Cherry Ln. Ct.
Laurel, MD 20707

EEO M/F/D
www.PriorityEngineering.com

Information Specialist / Coordinator

Int'l. not for profit organization based in N. VA seeks Information Specialist to develop and coordinate the organization wide collection and internal dissemination of global programme and membership information. Req: degree or relevant exper. in communications, knowledge management, or information systems; exc. communications & org. skills. Microsoft office. Contact: Valorie Dick, HR Coor., fax 703-481-0003, email vdick@pfi.org

Insurance Sales Agents

Work from home as a licensed insurance agent for DC metro area. Will train. No Experience Needed. Call 866-253-3257.

Inventory Taker

Join our local teams taking inventory in area retail stores!

$9 per hour to start

Paid Training-Medical benefits available after 90 days flexible schedules-regular performance based wage reviews-Must be over 18, dependable, with reliable transportation and communication means.
Year-round positions available.
(703)941-9883 for VA
(301)918-3543 for DC & MD
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RGIS

An Equal Opportunity Employer

Janitorial — Dependable. Must have transportation. 6-10pm shifts. Rockville/Shady Grove area. Call: 410-521-3233.

LEGAL

PATENT/LEGAL ASSISTANT

Entry-level position for Old Town Alexandria patent law firm. Will train. Must be energetic, detail-oriented, analytical self-starter with excellent computer skills. Benefits include free parking. Fax cover letter w/job title, salary reqs. & resume to Oliff & Berridge at 703-519-0938. EOE.

MAINTENANCE TECH

NW DC Maintenance Tech needed immediately for large senior property. Must pass screening & background check. Live-on pref'd. Fax resume to 202-667-2915 AIMCO EOE

Marketing

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talentsearch@washpost.com,
Attn: WGPOST/JT

The Washington Post

We are committed to diversity & promote a drug-free environment.

MAINTENANCE TECHNICIAN

General Maintenance Technician. Wanted for commercial properties. Must have basic knowledge of HVAC systems, plumbing, electrical and general repairs. Good driving records required. Must be reliable and dependable. Vehicle and tools provided. Fax resume to: 703-442-7545, attn Mark.

MECHANIC

CFE is growing and expanding and currently looking for electric, gasoline and diesel forklift mechanics. Experience preferred. Top pay, competitive benefits package. Please fax resume to: 410-242-2067 or to inquire please call Rod 800-772-9005

MEDICAL JOBS — Immed openings for exp'd Med Assts, Recept & Billers. 1+ yrs in Dr ofc req'd. Temp & Temp-to-perm in Fairfax, Bethesda, NWDC. Fax MSA 703-921-3861. See all jobs at metropolitanstaffing.com

MEDICAL TECHNICIAN

State of the art ophthalmologist office in Silver Spring looking for qualified medical technician. Must have at least 2-3 yrs experience. Education is a key requirement. Excellent pay and benefits. Please fax resume attention Santral at 301-431-0470.

Mental Health

Employment Coordinator

Assist adult with disabilities in employment. Exper. req'd. Fax resume to: 301-459-7691. Call: 301-459-0566 ext. 25 or Email: ucppgmc@aol.com EOE

MODELING & ACTING INSTRUCTORS

Barbizon Modeling seeks current or former models to teach classes in Vienna, VA. Please Call Ms. Barger, 1 800 330 8361 or email barbizonedu@aol.com

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Apply in person w/ DMV report. Better Termite & Pest Control, 2647 Duke St,. Alex., VA 703-683-2000

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PROMOTERS WANTED - to promote events at brand new facilities in Maryland. Get in on the ground floor. Generate steady income or get paid assisting current promoters. Excellent locations. Call: 202-907-0207.

Property Management

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Exp'd Maintenance Tech for 400+ unit high-rise apartment community in S. Arlington. Position requires proficiency in plumbing & electrical repairs, as well as general building & apartment maintenance. Must have own tools, transportation & valid VA drivers license. Excellent benefits & pay. Commensurate with exp. Please fax resume to 703-578-9325 attn: Property Manager

Receptionist

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Chevy Chase Club is seeking a multi-tasker w/excellent customer service skills. FT position w/full benefit pkg. Respond to member inquiries, answer multi-line phone system, take reservations, handle petty cash, etc. Must have a flexible schedule and excellent computer skills. Work M-Th, 9:30AM -6:30PM. Prior receptionist experience preferred. Send resume to HR@ chevychaseclub.org or fax to 240-243-0004. EOE

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Restaurant

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steve.ryder@ancc.org.

Restaurant

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Restaurant

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Please e-mail a cover letter, resume and the URL of your portfolio to **photo@readexpress.com.** If you do not have an online portfolio, please send your materials to Express, P.O. Box 17370, Arlington, Va. 22216, attn. Photographer Search. Please DO NOT send any items you need returned.

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Masters with 1 year experience or Bachelors with 6 years experience or any suitable qualifications) Chantilly, VA. Job entails and requires experience in researching, designing, testing and managing software applications using Lotus Notes Domino, DECS, Oracle, Team Studio; Creating and integrating enterprise wide applications using Lotus Notes Scripting, Formula language, LEI, DHTML, JavaScript and CSS; Developing and maintaining web based applications using Lotus Domino Server, SQL database server, Lotus Connectors. Relocation within USA Possible. Send resumes to HR, Snap, Inc., 4080 Lafayette Center Drive, Suite 340, Chantilly, VA 20121.

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Ford 2000 F350—DRW Crewcab. $21,500 obo, exc. cond, 56k mi, White, Gray cloth int, 4 dr, 301-515-5161. Incl GN and Class V hitch, Air Ride and camper package. Custom paint run boards, bedliner, non-smoker.

FORD - '97 Taurus. 4dr. auto. all power. ac. Airbags. Alloy wheels. cass. Good cond. $2500/obo. Call 240-381-0014

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HONDA '94 ACCORD EX—Black, auto, 145K, 4 dr, new tires, excel. cond. $1950 obo. 703-435-5656

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Toyota 2003 MR2—Spyder Convert Under 14K Mi. Hardly Used Garage-kept Blue ext Black int 6sp SM Trans 16,900 obo 301-260-9504

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Look out

TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

L.A. Fashion Week ends with style | 35

Blog Log: There's joy in Georgetown | 36

Smart Actors: Kal Penn to teach Penn | 38

Travel

Airlines scrambling to recover from spate of high-profile delays

How do you turn a profit and make the customer happy at the same time, especially with less staff and fewer available seats?

That question is front and center of late for the slimmed-down airlines with flight delays, computer glitches, lost baggage and weather-related problems getting more attention.

There's only so much the airlines can do when it snows or ice freezes the runways, and system malfunctions can happen from time to time. But with the airlines laser-focused on controlling costs and turning profits, customers have a right to expect more for their money, travel watchers say.

"We've had a race to the bottom in the airline industry to see who can operate an airline with the least amount of people," said Terry Trippler, a Minneapolis-based airline expert. "I don't know which airline has won, but I know the consumer has lost."

The number of total employees fell from 672,294 at the end of 2000 to 529,590 at the end of 2005 among U.S. carriers designated as major airlines by the Department of Transportation's Bureau of Transportation Statistics. Meanwhile, government data shows U.S. carriers did a poorer job of on-time performance and baggage handling in January compared to a year earlier.

David Castelveter, a spokesman for the Air Transport Association, said it's unfair to blame airlines for things that are often beyond their control — like weather-related delays. And while he acknowledged major airlines have reduced capacity and cut staff in recent years, he said they haven't lost sight of the importance of good customer service.

"I think it is a convenient argument for people to make that downsizing has increased delay times," Castelveter said. "I find that to be unsubstantiated."

One of the things the airlines can do is be proactive, said James Whitehurst, chief operating officer of Delta Air Lines.

"We shouldn't have excuses as airlines," Whitehurst said. "We know weather happens. We need to have contingencies in place."

"I don't want to say we can always fly through a storm," he noted. But "it's up to us to invest in the technology and the processes so we can recover quickly." (AP)

> "We shouldn't have excuses as airlines. We need to have contingencies in place."
>
> **JAMES WHITEHURST**, DELTA AIR LINES

KEITH SRAKOCIC/AP

The number of employees of major U.S. airlines has been dropping since 2000.

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LOOK out

Difference of Opinion

On the Web

Wikipedia co-founder focuses on accuracy with alternative site

In just six years, Wikipedia has mushroomed into one of the Web's most astonishing successes, with 1.7 million articles in English alone. The downside is that the free encyclopedia has its share of errors and juvenile vandalism, and sometimes the writing is incomprehensibly arcane.

To Wikipedia fans, these blemishes are an unavoidable — and relatively small — price to pay for the dazzling breadth spawned by its "anyone can edit" open design.

But Larry Sanger doesn't buy it. To Sanger — who was present at the creation of Wikipedia — its charms seem to outweigh its warts simply because it has no competition.

And that's precisely what Sanger hopes to change.

This week, Sanger takes the wraps off a Wikipedia alternative, Citizendium. His goal is to capture Wikipedia's bustle, but this time, avoid the vandalism and inconsistency that are its pitfalls.

Like Wikipedia, Citizendium will be nonprofit, devoid of ads and free to read and edit. Unlike Wikipedia, Citizendium's volunteer contributors will be expected to provide their real names. Experts in given fields will be asked to check articles for accuracy.

> "When you put everybody in a system that is flat, where everybody can say yes or no, what you get is tribalism."
>
> **STEPHEN EWEN**, TEACHER

"If there's going to be a free encyclopedia, I'd like there to be a better free encyclopedia," Sanger says. "It has bothered me that I helped to get a project started, Wikipedia, that people are misusing in this way, and yet the project itself has little chance of radically improving."

KIICHIRO SATO/AP

Larry Sanger, a co-founder of Wikipedia, has started a Web site called Citizendium.

Stephen Ewen, an adult-education instructor in Jupiter, Fla., who gave up on contributing to Wikipedia and plans to work on Citizendium, believes the quality of Wikipedia entries often degrades over time because someone inevitably comes along to introduce a counterproductive viewpoint into the discussion.

"When you put everybody in a system that is flat, where everybody can say yes or no, without any sense of authority, what you get is tribalism," Ewen says. "What has gone into the article creation is very often the result of this dysfunctional system. It presents itself with this aura of authority, whereas what goes on behind the scenes is anything but."

Wikipedia's de facto leader, Jimmy Wales, counters that real names are overrated. He says most Wikipedians who adopt pseudonyms want to protect the reputation of those handles as much as they would with their names.

"I am unaware of any problems with the quality of discourse on the site," he says. "I don't know of any higher-quality discourse anywhere."

Citizendium has been operating in a limited manner that ends with this week's official launch. Its volunteer base numbers roughly 900 authors and 200 editors.

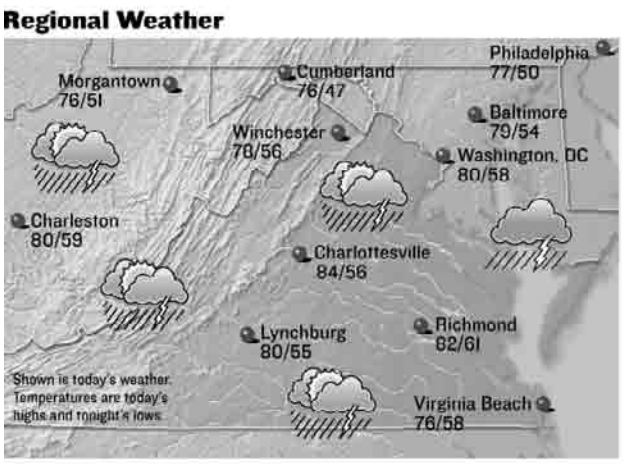
"Let's say we only have one-quarter of the contributors of Wikipedia," Sanger says. "Would we be able to create a credible competitor for Wikipedia within not too many years? Yes, I think."

BRIAN BERGSTEIN (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Afternoon t-storm in spots	Partly cloudy	Mostly cloudy, a t-storm	Partly sunny	Mostly sunny	Mostly sunny
80°	58°	66° / 44°	58° / 41°	62° / 40°	64° / 45°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	63°
Low	43°
Normal high	59°
Normal low	40°
Average humidity	69%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	3.19"
Normal month to date	3.06"
Year to date	7.87"
Last year to date	5.75"
Normal year to date	8.90"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

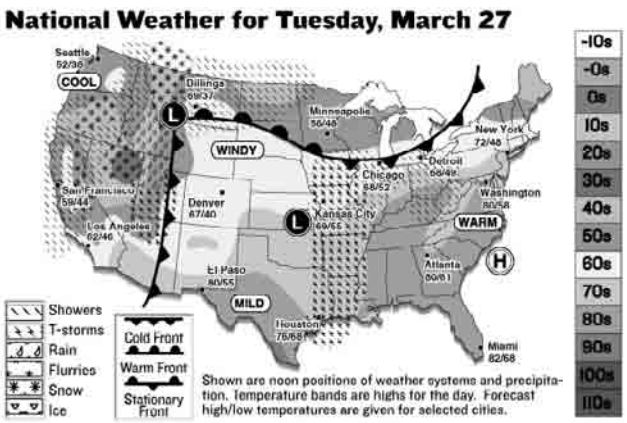
D.C. Metro: Today, partly sunny, an afternoon thunderstorm in spots. High 80. Wind west-northwest 7-14 mph. Tonight, partly cloudy. Low 58.

Sun and Moon

Sunrise today	7:01 a.m.
Sunset tonight	7:26 p.m.
Moonrise today	1:41 p.m.
Moonset today	4:12 a.m.

Full	Last	New	First
Apr 2	Apr 10	Apr 17	Apr 24

National Weather for Tuesday, March 27



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	80/61/s	80/57/s
Boston	62/44/c	56/34/pc
Chicago	68/52/t	59/42/c
Dallas	78/65/t	80/62/pc
Denver	67/40/pc	51/27/pc
Honolulu	83/70/pc	82/68/s
Los Angeles	62/46/pc	70/50/s
Miami	82/68/s	82/70/s
New York City	72/48/pc	65/38/pc
Orlando	82/62/s	83/62/s
Seattle	52/38/pc	52/40/pc

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	56/44/s	55/43/pc
Athens	60/46/pc	61/46/pc
Berlin	60/42/s	61/41/s
Buenos Aires	70/64/r	70/66/r
Calgary	40/25/sn	38/26/sf
Dublin	50/41/sh	48/37/sh
Geneva	54/32/pc	58/36/pc
Moscow	50/34/s	47/27/s
Rome	58/44/sh	61/46/pc
Sydney	73/57/pc	78/61/s
Tokyo	59/50/pc	62/50/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

CHRIS PIZZELLO/AP

ROCK AND RICH: At left, an outfit from Christian Audigier. Kevan Hall, right, focused on understated looks with luxe touches.

Hall of Fame

L.A. Fashion Week winds down with glitz and glamour

L.A. Runway REPORT

Tailored wool suits with a hint of sparkle. A floor-grazing chiffon gown with surprising chinchilla sleeves. A mink hoodie.

Kevan Hall's fall line was all about elegance with an edge. The designer, a favorite among Hollywood's red-carpet crowd, closed L.A. Fashion Week Thursday with a cosmopolitan collection of smart suits, pretty party dresses and attention-getting formal gowns made for "the urban jet-setter."

Hall sees her in brushed titanium wool trousers, a ruby herringbone skirt suit or a slim, pinstripe pantsuit in unexpected bronze. Her cocktail attire features a beaded camisole and mink hoodie ensemble and a one-shoulder, belted, pleated purple dress that looks retro and modern at the same time.

Highlights included a forest-green silk column with a taffeta sash, an empire-waist chiffon dress in iridescent amber and a black satin mermaid gown with a jeweled velvet belt.

Hall showed several fur coats and capes — a rarity on the L.A. fashion scene.

Keeping with his jet-set theme, the catwalk was striped down the middle and lined with blue lights, like an airplane runway.

Ed Hardy designer Christian Audigier embraced theatrics when he debuted his eponymous line Wednesday.

Nick Cannon worked the turntables while his ex-girlfriend Kim Kardashian (and Paris Hilton pal) walked the runway. Dennis Rodman and his former teammate John Salley had seats in the front row. A 15-member choir opened the show.

CHRIS PIZZELLO/AP

CHRIS PIZZELLO/AP

Top, a Kevan Hall dress. At left, Audigier forgot to give this model some pants.

Audigier's "Sexpensive" collection of shirts, dresses, jackets and bags dripped with glitz: gold and rhinestones, crown and tiger designs, and bold initial logos.

Men's leather jackets were metallic, studded and jeweled. Guys also wore velour shorts with sleeveless hoodies and carried luggage branded with Audigier's initials. Slim jeans and sleek denim blazers were more subdued.

For women, everything came in gold: jackets, blazers, leggings and a long leather duster with studs and stones. But there was also a chic black satin pantsuit and an array of silky scarf dresses in pink, orange and blue. Satin jackets for men and women were embroidered with tigers, hearts and flowers.

The show was Audigier's second during Fashion Week. His tattoo-inspired Ed Hardy line took the stage on Monday.

SANDY COHEN (AP)

Clothing

Sneakers With Support

So you want to help cure AIDS. Well, you have two choices: Spend four grueling years in medical school and then spend the rest of your life in a research lab, or buy shoes! **GAP** and **CONVERSE** have teamed up with (Product)RED to design and market limited-edition sneakers. When you buy Red Chuck Taylor All Stars ($67, Gap stores), 50 percent of the profits go to the Global Fund, plus 5 percent of the wholesale price. Meaning 55 percent of your guilt about AIDS will be absolved. Woo hoo! A warning: The shoes aren't actually red. They're white and olive green.

FIONA ZUBLIN (EXPRESS)

Beauty

Smoky Done Right

Surprises are nice. We thought the new, limited-edition Revlon **BEDROOM EYES** ($10, drugstores) was just another liquid liner. It turns out to be a powder liner, in six sultry colors, on a thick wand. The dust goes in a thick, yet even, line and stays for hours without major drifting. Revlon has, in effect, idiot-proofed the smoky eye. We used Mink Wink, a neutral brown, for work, and Plum Wicked, a deep purple, for the weekend. But, really, anything that looks this good with no effort is an instant favorite for us. KRISTEN PAGE-KIRBY (EXPRESS)

Look out Online

readexpress.com

site specifics

FREE RIDE

Escape From the Hill

The U.S. Botanic Garden near the Capitol is a refuge for those on the Hill wanting to escape everyday stresses of politics and policy. But you can find that there, too, with the current exhibition on the vanishing Louisiana coastline. | COMING UP TODAY

MUSIC

Chow Down

Chris Deaner, drummer for New York's indie-pop band +/-, loves to play D.C. because of the city's good grub. He and his bandmates — former Versus members James Baluyut and Patrick Ramos — play the Rock and Roll Hotel on Tuesday, and we talked to Deaner about loud rock concerts and yummy chili dogs. | ONLINE NOW

BAUER BY HOUR

It's Been a Long Day

Poor Jack Bauer can't buy a break. Last week, he learned his ex-flame Audrey Raines died (or did she?) trying to save him from his imprisonment in China. Jack vowed revenge — but first he still has this itsy-bitsy problem of staving off another nuclear explosion. It's all in a day's work on "24." | COMING UP TODAY

comment board

"The fact that more than half a million D.C. residents are denied a voice in their federal government is a blight on the United States. It's tragically ironic that we fight for democracy around the world yet deny our own citizens their own voice."

WASHINGTONYDC, COMMENTING ON THE POSTPONEMENT OF THE D.C. VOTINGS RIGHTS BILL IN THE HOUSE OF REPRESENTATIVES LAST WEEK.

"OK, this route sucks. A ride from Farragut North that used to take five, 10 minutes to get to work now takes 20. This planners obviously didn't take into account the riders in the Georgetown Harbor area. If they continue with this route, I'll just ride the Metrobus in."

ANGRY RIDER, WHO'S NONE TOO PLEASED ABOUT THE NEW GEORGETOWN ROUTE FOR THE D.C. CIRCULATOR.

poll center

TODAY'S QUESTION

Should D.C. police issue tickets to jaywalkers?

1. Yes
2. No

YESTERDAY'S RESULTS

Will Washington, D.C., ever get a vote in Congress?

AS OF 7 P.M. MONDAY. NOT A SCIENTIFIC POLL.

SEE HOW YOUR METRO STATION VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**

Blog LOG

"[T]he week ahead will be maddening. Each time we get a taste of [warm, dry] conditions, rain ... and cooler conditions won't be far behind."

CAPITALWEATHER.COM PREDICTS A BUMPY RIDE FOR THE WEEK'S WEATHER. TUESDAY'S EXPECTED HIGH IS 76 DEGREES, BUT RAIN WILL FOLLOW ON WEDNESDAY.

JAMES M. THRESHER/TWP

"DOG PARKS, indeed, add vitality to existing parks. I don't mean to beat a dead horse in continuing to espouse pro-dog-park propaganda, but, clearly, this hot topic is here to stay until reasonable dog park regulations are in place."

REMAKINGLESLUMHISTORIQUE.BLOGSPOT.COM CHIMES IN ON PROPOSED DOG PARK REGULATIONS IN THE DISTRICT THAT ARE ROILING MANY DOG OWNERS.

"BETWEEN the Lottoria Spanish and the Burkina Faso claim, I am well on my way to collecting more than $6 million. I suggest you try to befriend me now before it becomes clear you like me only for my money."

ARJEWTINO.COM PICKS APART AFRICA-BASED E-MAIL SCHEMES PROMISING MILLIONS OF DOLLARS THAT ARE TOO RIDICULOUS TO BELIEVE, YET SOME PEOPLE FALL FOR THEM ANYWAY.

"I GO TO A SCHOOL whose team made it to the Final Four?!? Time to join the sea of popped collars, aviators, pearl earrings/necklaces rioting in the streets."

FBAJET.LIVEJOURNAL.COM, WHO GOES TO GEORGETOWN UNIVERSITY, GOT SOME SUDDEN SCHOOL SPIRIT ON SUNDAY.

"I had a bad feeling listening to the game throughout the second half until the last seven, eight minutes. ... I mean, they were down by 10! Then I began hoping!!! They did it! Now we're going to Atlanta to the Final Four!"

LIVINGSTONBUZZ.COM/BLOG RECOUNTS WATCHING THE GEORGETOWN HOYAS BEAT THE NORTH CAROLINA TAR HEELS IN MARCH MADNESS ACTION ON SUNDAY.

Live Online

Hoyas Madness

Washington Post columnist **MICHAEL WILBON** was online on Monday to discuss Georgetown's return to the Final Four, Kobe Bryant's scoring output and Gilbert Arenas' humor.

How do you feel the selection committee did this year? There is always a lot of talk about snubs and bad seeding and so on, but it seems like they really knew who the top teams in the country were this time around.

The committee seeded the top half fabulously. I don't know about the bottom half. And luck is involved. Suppose the refs call traveling on Jeff Green and Vanderbilt advances and then beats UNC? (By the way, I'm told by two NBA officials Green, by rule, did not travel.)

Where do you side on the "who's better: MJ or Kobe" debate?

Michael Jordan. No question; not close. If he had been asked to score 60 points a night in the 1980s, he could have done it.

After Gilbert Arenas laid his jersey down in Seattle, do you think he's going too far?

Yes. Then again, I have no real sense of theater of the absurd. There was something strangely funny about it though. Gil's consistent, and I like his sense of humor, even if it isn't mine.

How do you see the Ohio State-Georgetown game playing out and the possible Florida-Georgetown matchup?

I just think Georgetown has experience that will come into play against Ohio State. And I don't think Florida will beat UCLA and Georgetown in two rematches.

TODAY ON LIVE ONLINE: Washington Post music critic J. Freedom du Lac is online Tuesday to talk about the music scene at 2 p.m. | **washingtonpost.com/liveonline**

DON'T

FORGET TO MAKE A WISH. Surely you are throwing a huge birthday bash for the 10th anniversary of the Teletubbies. Read up on Tinky Winky and the gang (www.curvecomm.com/teletubbies) before buying a present. A hug will surely follow.

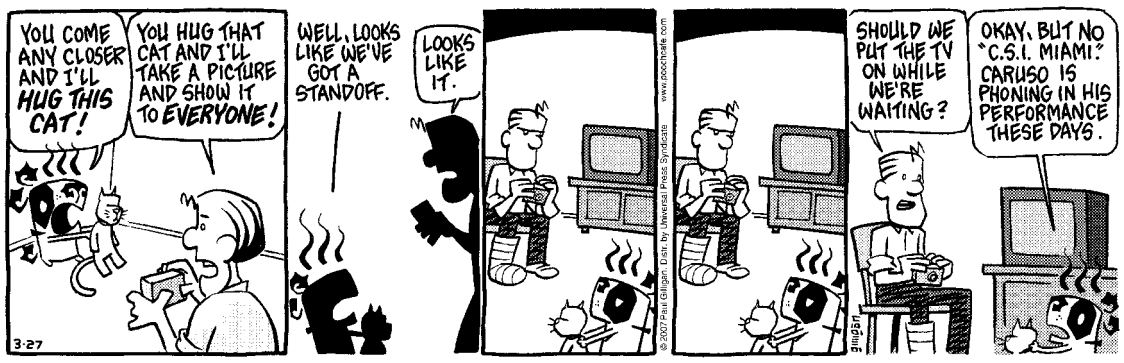
Look out

Bizarro | *Dan Piraro*

Cornered | *Mike Baldwin*

"I don't have any yet. We just opened."

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*

The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

ARIES (March 21-April 19) You'll receive an offer you're not sure quite how to take — though it's sure to give you food for thought. You may be drawn to distant regions.

TAURUS (April 20-May 20) You're in need of some firm guidance, but you may have to look high and low before you find the right person to satisfy you.

GEMINI (May 21-June 20) Be sure you put commands in terms that others are willing to hear; an invitation, for example, is far better than an ultimatum.

CANCER (June 21-July 22) Hidden meanings and other cryptic messages are not for you. You will want your conversation direct, up-front, honest and informative.

LEO (July 23-Aug. 22) Though you are rarely moody, you may find yourself swinging from one emotional extreme to another — but for a good reason.

VIRGO (Aug. 23-Sept. 22) You'll be looking for shortcuts, but in the end you must check your work carefully — so why not be thorough from the beginning?

LIBRA (Sept. 23-Oct. 22) You'll want all your ducks in a row before setting out in a new direction. Do you really want to bring changes at the workplace home with you?

SCORPIO (Oct. 23-Nov. 21) Though you are able to boast a good deal of know-how, you may be expected to listen rather than lecture.

SAGITTARIUS (Nov. 22-Dec. 21) What begins as an innocent game may begin to take on the recognizable characteristics of something far more serious.

CAPRICORN (Dec. 22-Jan. 19) You will surely gain much through a practical, all-seeing outlook. Don't dismiss the impossible before you know that it is.

AQUARIUS (Jan. 20-Feb. 18) You'll be in a position to compare the desirable with the undesirable in more than one area. There is no need to keep opinions to yourself.

PISCES (Feb. 19-March 20) You'll find yourself quickly swept up in another's cause — but you can do some good work and contribute a great deal to major progress.

Letters

Doubting Metro's New GM

I AM ALL IN FAVOR of removing the carpeting and seats from Metro ("Metro May Bag Carpets on Trains," March 21). Standing on a jerking platform for 30 to 60 minutes a day builds core body muscles. While General Manager John Catoe is at it, he can lay off all the escalator repair people. Walking up a flight or two of stairs builds your leg muscles. As for the elevators, don't repair them. People who need them can get off at another stop and walk the extra distance. Catoe is going to make us healthier, even if it kills us.

—MIMI POLLOW
Alexandria, Va.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1513 Spanish explorer Juan Ponce de Leon sights Florida.

1957 "Around the World in 80 Days" wins the Academy Award for best picture.

1968 Soviet Cosmonaut Yuri Gagarin, the first man to orbit the Earth, dies in a plane crash.

1977 Five hundred eighty-three people are killed when a KLM Boeing 747, attempting to take off, crashes into a Pan Am 747 on the Canary Island of Tenerife.

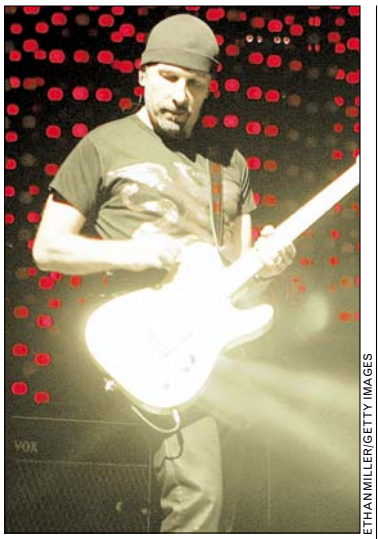
2002 Oscar-winning director Billy Wilder (95 years old), comedian Milton Berle (93) and movie star Dudley Moore (66) all die.

2006 Al-Qaeda conspirator Zacarias Moussaoui testifies he was supposed to hijack a fifth airplane on Sept. 11, 2001, and fly it into the White House.

ORION PICTURES

Dudley Moore, star of "Arthur," died today in 2002 from a rare brain disorder.

Look out | People



ETHAN MILLER/GETTY IMAGES

MARTYRS

He Considered a Kidney, But the Guitar Hurt More

THE EDGE is donating his favorite instrument to an auction benefiting Music Rising, a charity the U2 guitarist co-founded to replace musical equipment lost in Hurricane Katrina. "I wanted to give something really significant that would really mean a lot for me to give," he said. (AP)

DO-GOODERS

Actress Speaks Out Against Human Trafficking

JULIA ORMOND appealed to police agencies worldwide Monday to share information and resources in hopes of combating human trafficking. The 42-year-old British actress spoke in London to help publicize a new U.N. campaign to combat the 21st-century slave trade. (AP)

NEW LINE PRODUCTIONS

SMART ACTORS

Penn at Penn

KAL PENN, known for his role in "Harold & Kumar Go to White Castle," will be a guest instructor at the University of Pennsylvania during the spring 2008 semester. Penn, 29, will teach two undergrad courses, tentatively titled, "Images of Asian Americans in the Media" and "Contemporary American Teen Films." Penn has a bachelor's degree in sociology from UCLA and is pursuing a graduate certificate in international security at Stanford University. (AP)

SOLUTIONS

He Needed New Jeans. What Was She to Do?

She did what many wives have wanted to do.

The wife of Velvet Revolver singer **SCOTT WEILAND** was arrested in the torching of his clothes outside their Toluca Lake, Calif., home hours after the couple brawled at a luxury hotel, police said Monday. **MARY WEILAND**, 31, was booked for investigation of felony arson vandalism after officers responded to a call Saturday night that a female was burning clothes. They found a trash can full of smoldering clothes. Officers called Weiland, who said the wardrobe was worth $10,000. The couple's children, ages 4 and 6, were placed in the custody of family friends. (AP)

BILL PUGLIANO/GETTY IMAGES

Mommy and Daddy need a judge to decide who's right and who's wrong!

BAD EXAMPLES

'Mommy, I'm Mad at You. We'd Better Go to Court'

EMINEM and **KIM MATHERS** agreed Monday not to criticize each other in public for the sake of their child. The rapper and his ex-wife agreed in a hearing that insulting each other through the media could be harmful to 11-year-old Hailie. Eminem had filed a court motion to prevent Mathers from making "derogatory, disparaging, inflammatory and otherwise negative comments." (AP)

THANKS

Judge Ignites Media Spectacle

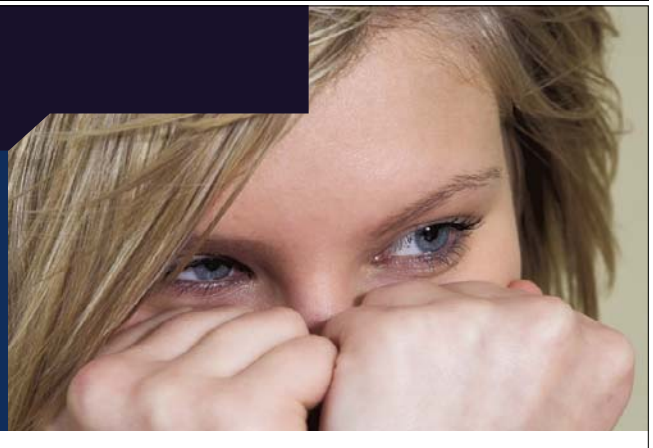
ERIC JAMISON/AP

BUSTA RHYMES will face trial on two assault charges after a judge withdrew a plea offer Monday that would have let him stay free. Manhattan Criminal Court Judge Tanya Kennedy withdrew the offer that included probation, community service and a series of lectures to troubled youth. She cited his recent arrest for driving with a suspended license as the reason. (AP)

Are you hiding out because of ACNE?

You may be eligible to participate in a clinical research study testing an investigational gel medication.

To qualify, you must be 18 years of age or older, be in good general health and have acne on the face.



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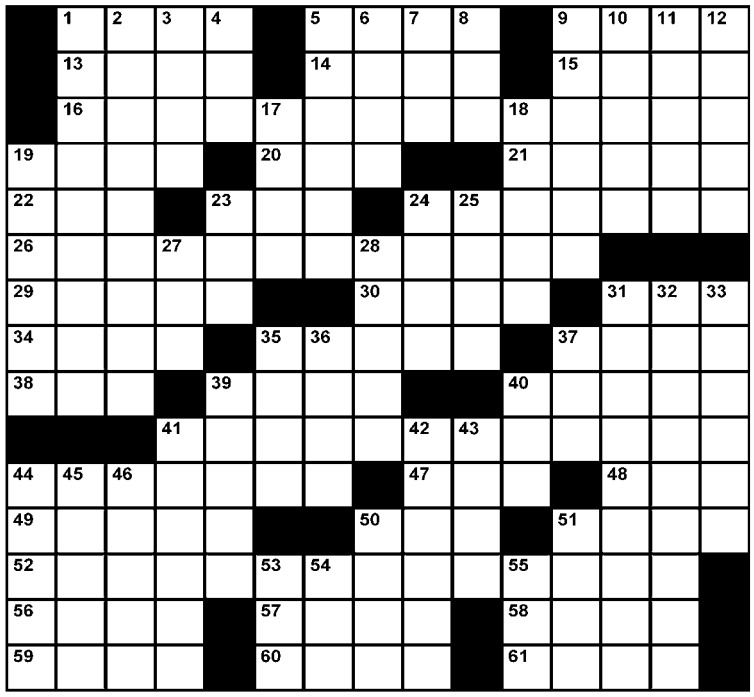
Look out

The Choice Is Yours

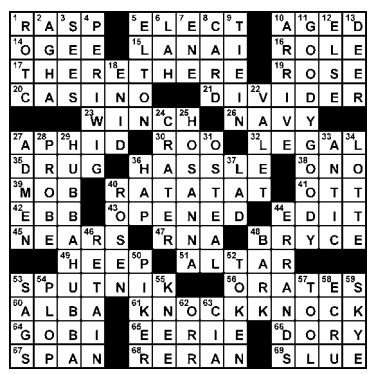


EDITED BY TIMOTHY E. PARKER

ACROSS
1 Vaulted church section
5 Hog filler
9 Redundant partner of "done with"
13 Shaver's purchase, perhaps
14 Pitchfork piece
15 Motion picture
16 Choice at breakfast, perhaps
19 "If the shoe ___ ..."
20 When a plane is expected in, briefly
21 Opposite of deject
22 Alias, initially
23 Orchid necklace, sometimes
24 One trying to stay between the lines?
26 Choice at the register, perhaps
29 Gets the pot going
30 Chaotic happenings
31 One of 20 pack items, informally
34 Make judgments
35 Like a judge, proverbially
37 Peaceful Indian
38 Be on the side of caution?
39 Rib order
40 Backs, anatomically
41 Choice at the hotel, perhaps
44 Surgeon's tools
47 Physical sound?
48 Small newt
49 See ya in Hawaii?
50 Need medical attention
51 Times of note
52 Choice at the grocer's, perhaps
56 Scholar of Islamic law
57 Playground cry
58 Quitter's word
59 Thumb condition?
60 Creator of heaven and Earth
61 "Let ___!" (advice to the obsessed)

DOWN
1 Boer
2 Inferior rhymer of verses
3 Loses rigidity
4 Australian ratite
5 Radio interference
6 Italian coin no longer minted
7 Bride of a famous musician
8 For each
9 It's spotted in South America
10 Church official
11 Related via one's mother
12 Direct elsewhere
17 Facial expression of contempt
18 Meat markets
19 Pretense
23 Part of UCLA
24 Turn over
25 Fish market feature
27 Haw partner
28 Synagogue leader
31 Treeing
32 By its very nature
33 Baseball or football team
35 Hole in a Vegas machine
36 Mighty trees
37 Biblical mountain
39 Stain or smudge
40 Homer Simpson expletive
41 Crook's plan, e.g.
42 Tackled hard
43 Lavish celebration
44 ___ lazuli
45 Memorable mission
46 Without face value, as stock
50 Creator of impressions
51 Pennsylvania, to a Parisian
53 Pussycat's partner
54 Letter after Pi
55 ___-fi (film type)

Yesterday's Solution



Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

Yesterday's Solution

3	5	9	8	7	1	2	4	6
8	7	2	6	4	3	1	5	9
4	6	1	9	5	2	7	3	8
2	3	8	1	6	9	4	7	5
5	4	6	2	8	7	3	9	1
9	1	7	4	3	5	8	6	2
7	2	3	5	1	6	9	8	4
6	9	4	7	2	8	5	1	3
1	8	5	3	9	4	6	2	7

				6	8			9
6				4	9	5	2	7
7		2					4	
		8	4		6	2		
	4					8		3
9	5	7	2	8				4
4			3	9				

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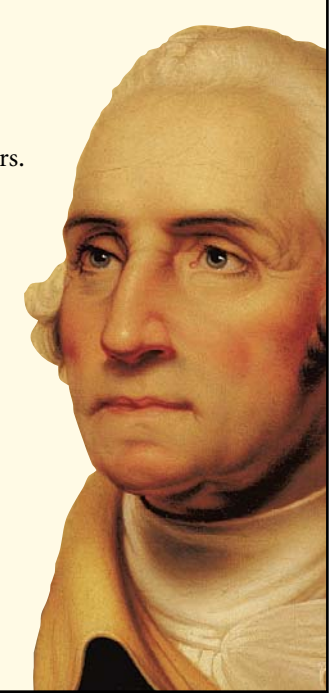

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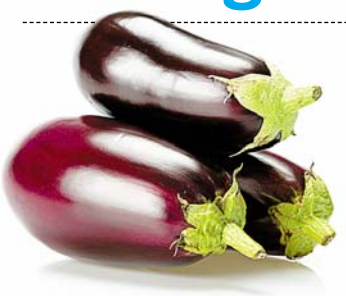

Reduce your risk by exercising and piling your plate with colorful veggies | E6

NUTRITION

Bad Forecast

Al Roker chats with us about his special on the rise of obesity among kids | E7

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ROUND & ROUND

Find out what it takes to ride a bike for 24 hours | E4

GETTY IMAGES

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Does a Psychology Major Have a Future?

Q Everyone says psychology majors can't get jobs without graduate school. I am very interested in the field and have done well in my studies so far. I don't know whether years of post-college education are in my plans (or my budget). Your thoughts?

— I KNOW I'M NOT THE ONLY ONE

"Heeeyy, I know you. We were both Psychology majors at American U., class of 2004. Decided against Grad School eh."

Of course psychology majors can get jobs. People will always, always need someone to sell them shoes.

Seriously, bright college graduates have endless options, regardless of their focus. French majors can become investment bankers, biology majors consultants, philosophy majors (to the chagrin of their parents) E! news correspondents, and econ majors can save the world. And psychology majors, though ubiquitous, can convince potential bosses that they could use their insight into interpersonal dynamics to manipulate — um, I mean work harmoniously with — co-workers and clients. Additionally, I'm a big fan of a liberal arts education. The more you know about the world and the people in it, the more employable you are, and the more you'll squeeze out of life in general. If you should decide you actually want to do counseling, then, yes, you'll need graduate school — but not all programs take aeons. And if it's what you truly want to do, school will be more than worth it. Even if you do get a little too familiar with all the different flavors of ramen.

Q Boy meets girl. Boy loses girl. Girl moves away, gets engaged, calls it off. Girl moves back to boy's city and wants to have lunch. Boy is sorely tempted, but spent so much time trying to get over girl, he wonders whether seeing her would be a big mistake. — GUY

That depends. Were you thinking of ordering the sashimi?

My gut instinct is that a meeting would not be the horror show these situations sometimes call to mind. After all, your broken heart sounds more like the "life happens" variety, rather than that she was Cruella De Vil (though her ex-fiance might see things differently).

Here's the cheat sheet. Right reasons: an open mind, honest curiosity, the ability to accept that maybe you'll develop a friendship and nothing more, or maybe not even that. And the wrong: to redo the past, air dirty laundry, play a game of one-upmanship or pick up where you left off. If you're a person who tends to regret what you didn't do more than what you did — and that's true for many of us — you'll probably find your nagging thoughts of "What if" a bigger deterrent to moving on than going and having some salads together. After all, she might have gotten a really bad haircut.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at **baggage@readexpress.com**. This column is not a substitute for one-on-one care.

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Goods | fit

Chips Are Down

FATTY AND SALTY, and oh-so-tempting during the mid-afternoon blahs, potato chips taunt all who dare walk by their vending-machine lairs. But they've met their match: Krinkle Sticks ($15 per 4-pack, lesserevil.com). They look like fries, taste a bit like edible packing peanuts (in a good way) and are seasoned with enough all-natural flavorings, especially the "Cajun Kaboom," to make you forget they're just 110 calories and 2.5 grams of fat per serving.

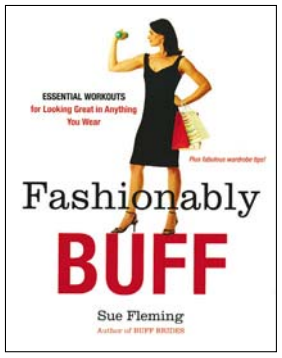
NEW IN HEALTH **warm ups**

Give Your Scale a Hand

THE NEXT STEP IN SCALES involves using your hands. The HBF-500 ($70, amazon.com) doesn't just spit out your weight and body-fat percentage, but also the number of calories you burn at rest and your amount of visceral fat (the dangerous stuff that lingers around your organs). It works your flexibility, too: You need to reach down to the base and pull up the handheld unit, which ostensibly improves precision. It didn't seem more accurate than its competitors, as it claims, but the HBF is more fun.

Style and Sweat

YOU DON'T NEED TO BE Tim Gunn to know that A-line skirts are flattering on most body types, and that's the kind of duh style suggestion Sue Fleming offers in "Fashionably Buff" ($16). But the second half of the book is packed with exercises geared toward every garment in your wardrobe, so you get moves for the perfect jeans tush and abs tips for bikini season. Can't handle a day perched atop stilettos? Try traveling lunges to strengthen your gams. With a killer bod, though, who cares about clothes?



Dress for Pep Rally Success

P.E. WAS NEVER your favorite class in high school, but you had to dig the comfy gym shorts. You're probably still wearing them as jammies today. But when appearing in public, update your look with the Brooks Training Short ($28, brooksrunning.com). The polyester fabric is soft against the skin, the waistband is chafe-proof, and a liner means you don't need to worry about a weirdo checking out your undies.

PRODUCTS

GuineaPig

Sweet Taste Of Not-Vitamin

PEOPLE WHO DON'T TAKE vitamins don't understand how something you swallow, not chew, can be so nasty. The closest analogy to the taste and smell is the fertilizer section of Home Depot — earth and chemicals and dirt and rock all ground up together. And calcium pills? Only cool if you fondly miss eating chalk as a child. That's why Viactiv's calcium and multi-vitamin Flavor Glides ($13, drugstores) are so exciting. Each oblong pill comes in a fake-sugary cloak; the vitamins taste of berry, the calcium of vanilla. In particular, the latter is far easier to swallow than the standard uncoated hockey-puck variety. The vitamin, geared toward women, has 100 percent of the RDA of iron, folic acid and other musts, though it's low on calcium. Guess they want you to buy both bottles.

HOLLY J. MORRIS (EXPRESS)

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THE EXPERTS
TrainReaction

Flexing Fibers

Q I've heard a lot lately about how important it is to train different muscle fiber types. What are these types? And how can I train each one individually?

The new American College of Sports Medicine (ACSM) guidelines came out in early 2007. All of their research points to an "undulating periodization model" for strength training, using anywhere from three to 20 repetitions per set.

What all this jargon means is that you should focus on one of the three different muscle fiber types during each full-body workout. The type I, or slow-twitch fibers, have high endurance, and thus are trained with the most repetitions — between 13 and 20. The type IIa, or fast-twitch oxidative fibers, have less endurance, but provide more strength. Train them with repetitions in the six to 12 range to emphasize muscle growth. The type IIbx, or fast-twitch fibers, have very little endurance and are used solely for all-out strength and explosive movements. Train them with repetitions in the three to five range.

As you can see, all of these rep schemes remain in that three to 20 repetition range suggested by the ACSM. Follow these guidelines, and all your fibers will be firm.

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training. E-mail him at matt@functionalrevolution.com.

VITALSTATS

73

THE PERCENTAGE MORE LIKELY THAT PEOPLE WILL BECOME OBESE IF THEY ARE STRESSED ON THE JOB, ACCORDING TO A NEW SURVEY.

Spinning Like a Record

A 24-hour bike ride is just the beginning for this Guinness guy

One hour of spin class is enough to make most people's seats sore. So, try 24 hours.

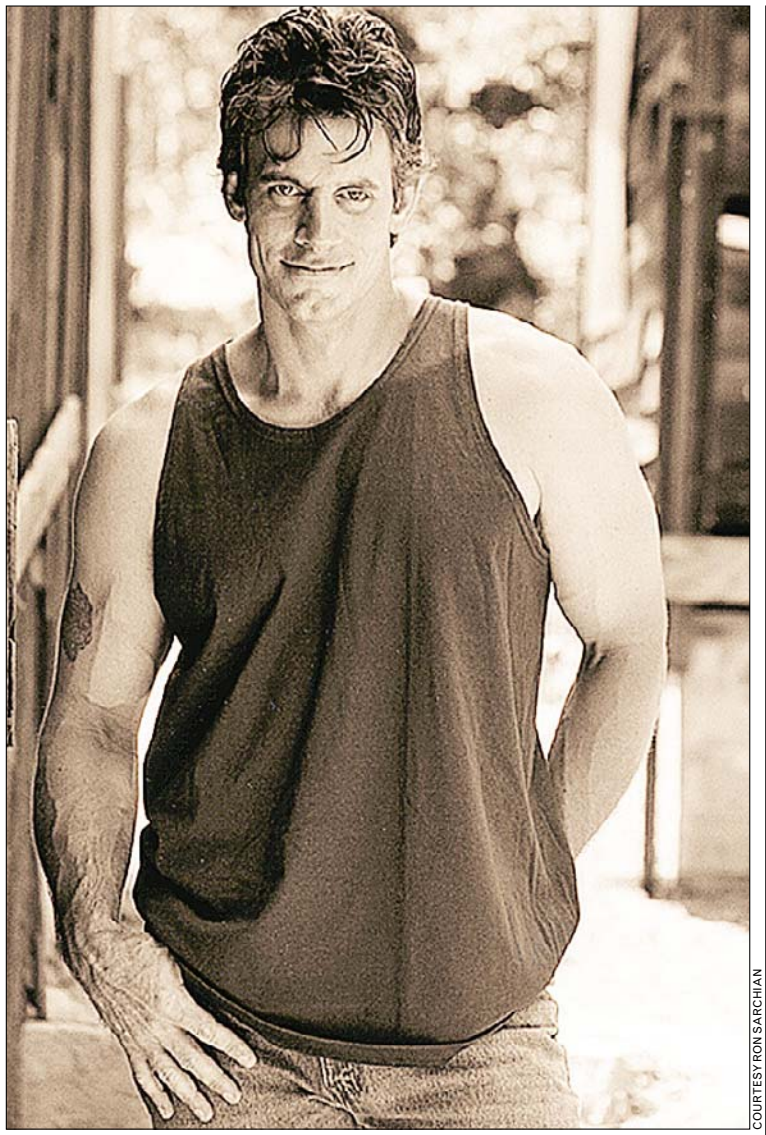
That's what Ron Sarchian will be doing, starting at noon on Saturday at the Gold's Gym in Ballston (3910 Wilson Blvd.) as part of the chain's first national Spin-A-Thon, benefiting the America Diabetes Association. But for the three-time Guinness world record holder, spin instructor and former stuntman, it's not such a big deal. "This is a lead-up to a record I want to go for next year. The current record is 85 hours. I'm hoping to do at least 100," he says.

Even for someone who's punched a bag for 36 straight hours, and kicked and punched more in an hour than anyone else in history, a 24-hour spin takes some preparation. "I'll be riding at a constant speed, so I don't need to worry about going hard," he explains. "But I've got to get my legs used to pedaling and my butt used to the saddle."

For his rear, he has a secret weapon: gel seats. When one flattens, he'll pop in another. As for the legs, he's been lunging, squatting and, of course, cycling. The 43-year-old's been averaging 35 hours per week on a bike during training.

The one aspect he can't practice is sleep deprivation. "You can't build up a tolerance for being tired," he says, sounding like a man who's tried. In the wee hours of the spin, he'll keep his eyelids up with movies.

Sarchian will be treating the ordeal like a bona fide Guinness attempt. He'll aim to maintain a speed of 12 mph, and he'll take a five-minute break every hour to, um, take care of business.



COURTESY RON SARCHIAN

Ron Sarchian could punch you more times in an hour than you could punch him.

Even that takes planning. "The idea is not to have to sit on the toilet," he says. So, while he'll carb up a few days before (pizza, pasta and cheesecake are likely candidates), he'll then switch to liquid nutrition and a few lighter solid foods, like fruit and Fig Newtons.

He's not sure what his body will do when it's all over, besides sleep. "I'll probably end up feeling numb, but not in a bad way," he says. Previous endurance feats have reminded Sarchian of getting a tattoo — painful at first, followed by a total lack of sensation.

His advice for those who want to get into the record-breaking game? Don't. "I'm single. If I were married, I couldn't do this. Most people don't have the time," he says.

And you need a real passion for what you're doing. Sarchian, who's father died of testicular cancer, has used his earlier records to benefit the Lance Armstrong Foundation. He was attracted to the Spin-A-Thon because of friends with diabetes. "What's a little bit of hurt when people are dealing with a disease like that? I don't think I could do it if I were just to say, 'I'm going to get on a bike today for 24 hours,'" he says. "Motivation is just as important as nutrition and hydration."

He'll need more motivation soon. Less than 24 hours after he stops spinning, he'll be back in California training for his next world record, which he plans to set in June. Luckily for his sleep schedule, this one is the most round kicks in a single minute. "But it'll be a very hard minute," he says.

VICKY HALLETT (EXPRESS)

CAN'T BEAT 'EM, JOIN 'EM

→ Sarchian will be flanked by four bikes, which are open to the public. Call 703-516-4653 to reserve an hour or two with him. Or, call your local Gold's to take part in its Spin-A-Thon this Sat.

HOME **WORK OUT** ►► TANK TOP ARMS

Arm Yourself for Spring

These moves firm every inch of your arms. Do three sets of 10 to 12 reps of each.

PALMS-DOWN CURL (Works forearms): **A.** Stand with feet hip-width apart. Hold a 3- to 5-pound dumbbell in each hand with arms down at sides, palms facing in. **B.** Keeping elbows next to body and palms down, raise dumbbells up and out to sides until parallel to floor. Hold, then lower and repeat.

CURL AND KICKBACK (Works triceps and biceps; not recommended for those with lower-back pain): **A.** Stand with feet hip-width apart. Hold a 5- to 10-pound dumbbell in each hand with arms down at sides, palms facing in. Bend elbows and curl dumbbells toward shoulders, keeping palms facing in. **B.** Keeping abs tight, knees slightly bent, and back straight, hinge forward 45 to 90 degrees from hips. **C.** Press dumbbells back, extending arms. Don't move upper arms. Stand back up to starting position and repeat.

ISTOCK

DENISE AUSTIN (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

Phys Ed | fit

You, the Superhero

Tricks to unleash three powers you never knew you possessed

Gentlemen, we can't rebuild you. Not yet. But within the human body lies the technology to make you stronger and faster instantly, for those rare occasions that require superhuman strength, speed, or flexibility. Like these ...

1 A CAR FALLS ON A LITTLE OLD LADY: This trick from Strongman competitor C.J. Murphy, M.F.S., turns your entire body into a lever. Use it to lift cars or trees, or simply to complete that last excruciating rep at the gym.

➜ Bend at the knees and hips into a quarter-squat position.

➜ Tense all your muscles, but concentrate on making sure your lower body — including calves, hamstrings, and gluteals — is completely rigid.

➜ Take a deep breath — "into your belly, not your chest," says Murphy — and hold it.

➜ Lift for 30 seconds, and then release and exhale. If necessary, repeat.

2 A SASQUATCH IS CHASING YOU: Anybody can sprint. It's the ability to accelerate after you've been running for a while that separates the Steve Austins from the Steven Seagals. Here's how ultramarathoner Dean Karnazes propels himself to the finish line.

➜ While running, ease off the gas by 5 to 10 percent for about 10 seconds.

➜ Take a deep breath — again, into your belly, not your chest.

GETTY IMAGES

You don't need a cape to rescue a little old lady in distress. Just turn into a lever.

➜ Let out a bloodcurdling scream and start running as fast as you can. "The scream provides an adrenaline release, waking your senses and taking your mind off the pain," Karnazes says.

3 YOUR SHIP IS SINKING, A TINY PORTHOLE IS YOUR ONLY ESCAPE: This stretching technique, from Guinness world record–holding contortionist Daniel Browning Smith, will add flex to any muscle.

➜ Warm muscles are more flexible, so if you have time, run in place for 2 minutes.

➜ Flex the target muscle as far as you can. When it starts to hurt, back off a quarter-inch and hold until you feel the muscle relax.

➜ Bounce back and forth on the muscle for 15 seconds, pushing past the point of pain by half an inch, then moving back to your starting position.

➜ Rest for a minute and repeat, if necessary. SETH PORGES (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

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Drink It, or Don't

■ Worried about high blood pressure? You don't have to stop drinking coffee — just make sure to drink at least six cups per day. A Dutch study has found that women who imbibe joe sporadically are more likely to develop high blood pressure than those who abstain completely or who have the equivalent of a java IV drip. For men, though, coffee drinkers of all frequencies have a slightly greater tendency toward high blood pressure than those who don't drink the stuff at all.

A Nation of Klutzes

■ Americans are getting clumsier — maybe. A 38 percent increase in serious head injuries from 2001 to 2004 has statisticians puzzled. In 2004, more than 200,000 people were treated for traumatic brain injuries; 40 percent of these were caused by falls. And nobody knows why. So, maybe think twice before climbing that ladder — statistics are coming to get you.

Choice Tastes Good

■ It's not as tough as it seems to get kids to eat healthily. In a Yale University study, one Connecticut elementary school discovered a simple and effective way to get kids to eat fruit: offer it to them. When cafeteria workers asked children whether they would like fruit with their lunches, 90 percent said yes. At another school, where no verbal prompt was given, only 60 percent of kids opted for fruit. Of course, now there are worries that increased fruit consumption will cost schools too much money. In other news, Yale reports that you just can't win.

No-Hype Cancer Fighters

Five surefire methods to lower your risk of the dreaded disease

So you gave up charred meats, you're using your gym membership and you ingest enough fiber to choke Wilford Brimley. But every time you turn on the news, you're hit with yet more advice about preventing cancer.

The good news: You can prevent 50 to 70 percent of cancers by exercising more, chucking cigarettes and improving your diet, says Dr. Therese Bevers of M.D. Anderson's Cancer Prevention Center in Houston. Plus, you have a better chance if you start now, because cell mutations can appear decades before a tumor. Here are four tried-and-true ways to a cancer-free future.

Take a History Lesson

Just 5 to 10 percent of cancer cases are related to genetic inheritance, but if you do carry an unlucky gene, your risk of getting that cancer is enormous (50 to 100 percent), Bevers says. Breast, ovarian and colorectal cancers seem to have the strongest genetic links.

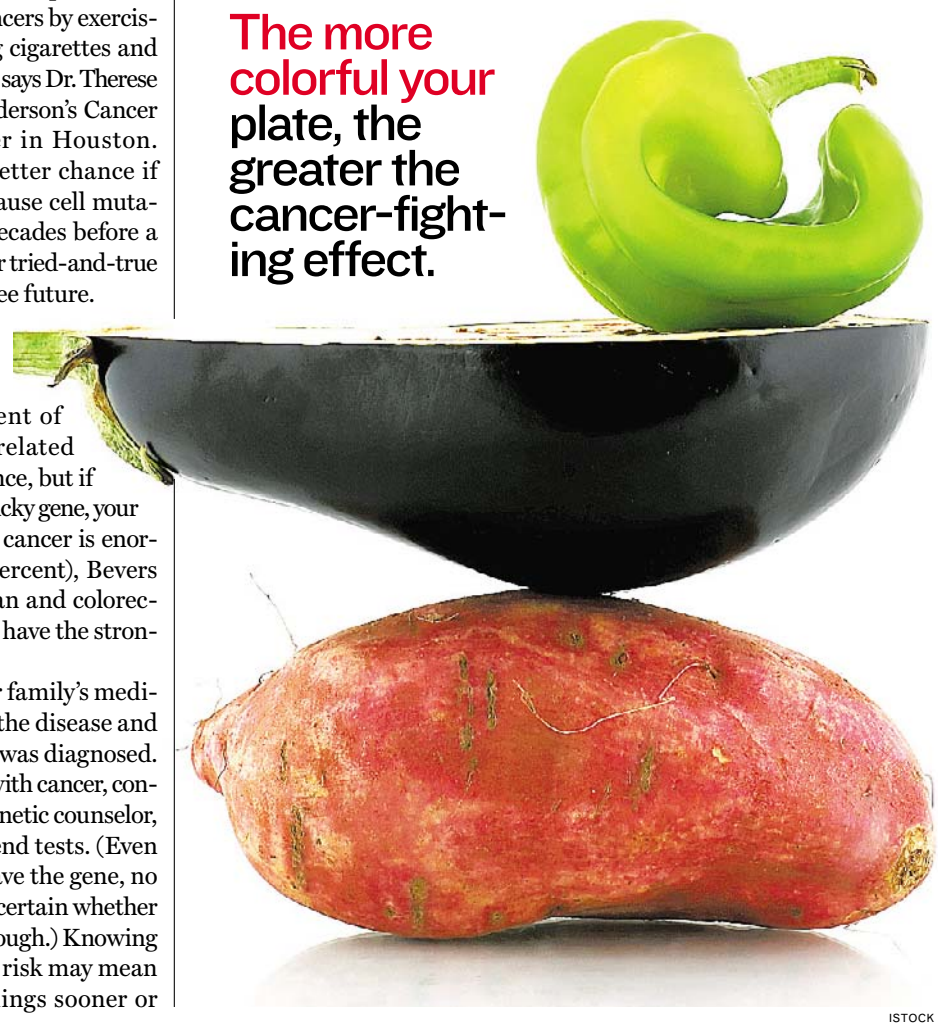
Take down your family's medical history, noting the disease and when each relative was diagnosed. If your tree's laden with cancer, consider talking to a genetic counselor, who may recommend tests. (Even if a test says you have the gene, no one can predict for certain whether you'll get cancer, though.) Knowing you're at increased risk may mean you'll want screenings sooner or more often than someone without a strong family history of it.

Know Your Booze Clues

Though studies touting red wine's benefits abound, an open bar is hardly a prescription for health. While a single glass of vino is probably good (thanks mostly to resveratrol, an antioxidant in grapes), studies indicate that women who throw back two or more cocktails a day increase their breast cancer risk by about 40 percent. "Alcohol increases the liver's production of estrogen, and the more estrogen in your body, the greater your risk of getting cancer," says Dr. Wendy Chen, an oncologist at Harvard Medical School.

Undo some of the consequences of a bender with a multivitamin containing 400 micrograms of folic acid, which helps repair drink damage.

The more colorful your plate, the greater the cancer-fighting effect.



ISTOCK

Sweat More, More Often

"Exercise reduces the amount of hormones in your body, which make small tumors grow faster and get bigger than they would otherwise," says Dr. Gary Bennett of Boston's Dana-Farber Cancer Institute. Sweat sessions also strengthen your immune system, so it's better equipped to destroy germs and cancerous cells, adds Colleen Doyle of the American Cancer Society.

Put Plants on Your Plate

There's no RDA for cancer-fighting antioxidants and phytochemicals (a cup of berries has hundreds), but eating five to nine servings of produce a day is a good start. (A serving is a piece of fruit, 1/2 cup cooked or raw veggies, or 1 cup raw leafy greens.)

Eat a wide variety of produce, and get the most bang for the bunch by shopping by hue — from deep greens (spinach, kale), purples and blues (eggplant, berries) to oranges (carrots, sweet potatoes) and reds (bell peppers, strawberries). The more colorful your plate, the greater the cancer-fighting effect.

A Vitamin to Watch

Call it a triple threat: Vitamin D encourages abnormal cells to die, improves immunity and stops the blood vessels needed to grow a tumor. One study found that those who got at least 600 IU every day had a 41 percent lower risk of pancreatic cancer than those who got less than 150 IU. Don't rely on the most direct source of D (the sun's rays) since that raises your skin cancer risk. Instead, get 400 to 1,000 IU from a supplement or foods like milk, egg yolks, salmon and tuna.

PAIGE GREENFIELD (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you have a headache? Are you vomiting or feverish? Do things taste and smell different than usual? Have you been swimming in a lake or river in hot weather? You may have **PRIMARY AMEBIC MENINGOENCEPHALITIS**, and you will almost definitely die of massive destruction to the brain within a week of your first symptoms. This hideous affliction is caused by Naegleria fowleri, an ameba that swims up people's noses and into their brains, where it feasts. While the little buggers infest fresh water all over the world, actually getting one stuck in your cranium is extremely rare. But just in case, hold your nose when you swim in the lake this summer. Or stay home.

SOURCE: MERCK MANUAL, CDC.GOV. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.

Nutrition | fit

No Child Left Fat

Al Roker is on a rescue mission for obese youth

Growing up in a family that scarfed dishes full of bacon fat and lard, Al Roker's waistline started ballooning long before adulthood.

Now, the "Today" show weatherman, known for openly discussing his weight problems and gastric bypass surgery, has turned his attention to the millions of American children who are experiencing what he did — and worse. His production company has paired with the Food Network to present "Childhood Obesity: Danger Zone" (airing March 31 at 9 p.m.), a look at kids who must lose weight to save their lives and what adults can do to prevent others from following in their footsteps.

COURTESY THE FOOD NETWORK

A scene from "Childhood Obesity" shows an exercise program in Little Rock, Ark.

Do see your childhood when you look at these kids?
Yeah, I do. It's something you try to put out of your mind because it's so painful. Everybody eats for different reasons. You eat because you're happy or sad. But you think food will make you feel better and you end up feeling worse, so you eat more. It becomes a vicious cycle. It's not unlike a drug or alcohol addiction.

Whose fault is this epidemic?
There's plenty of blame to go around. There is a genetic component, and kids mirror what they see in their parents' behavior. And there are external factors — kids have a more sedentary lifestyle, restaurants are pushing large portions of not-particularly-healthy food.

How do you handle all of these pressures with your kids?
We try to make sure we eat well at home and exercise as a family. It's do as I do, not as I say. We have plenty of grapes and carrot sticks and other healthy snacks around, like air-popped popcorn.

The show deals with deciding between diet and exercise or surgery. How hard is that choice for a teenager?
It's a difficult choice for anybody to make, especially someone who's not of legal age. If they want it and their parents won't let them, it's not like "I didn't get a car or an iPod." It's "I didn't get a new lease on life."

What d you hope will come from the show?
I want families to watch it together, and for it to put a nugget in their brains to make sure there's fresh fruit around, skim milk instead of soft drinks. Once in a while, ice cream is OK — it's not that you can't ever eat it — but it's about making the right choices.

On the Food Network, how do you balance a love of food with all of the health risks it can bring?
The Food Network realizes that this is a big problem. You have to look at all of the aspects of food, and this is an important one.

VICKY HALLETT (EXPRESS)

Crunchy Shrimp, Hold the Fryer

■ Coconut Shrimp, Serves 5

INGREDIENTS: 1 14-oz. can light coconut milk; 1 jalapeno pepper, seeded and chopped; 1/4 cup minced cilantro; 1 1/4 pounds uncooked medium shrimp, peeled and de-veined, tails on; 3/4 cup all-purpose flour; 4 egg whites; 3/4 cup panko bread crumbs; 3/4 cup flaked coconut, toasted.

GETTING STARTED: Preheat oven to 400 degrees F. In a sealable bag, combine coconut milk, jalapeno, cilantro and shrimp. Turn to coat and refrigerate for 1 hour. Dip shrimp first in flour, then in the egg whites, then roll in the coconut and bread crumbs. Bake for 7 minutes each side. Serve with a dipping sauce. You can make one with 1 tsp. of mustard and 1/3 cup reduced-sugar apricot preserves. (AP)

PER SERVING: 324 calories, 23 g protein, 30 g carbs, 11 g fat, 168 mg cholesterol, 316 mg sodium, 1 g fiber

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